



AUGUST

2019

TDA's August 2019 Menu Calendar

I'm
CHARLIE
THE FLYING
CHICKEN

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**GOOD
EATS AT**

MAY ISD

**SPECIAL
ANNOUNCEMENTS**

Breakfast
K-12 Price: 1.75
Reduced: .30
Extra Milk: .50
Extra Juice: .50
Adult Price: 2.25
Milk/Juice offered daily



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

	M	T	W	TH	F
				1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	French Toast Bacon Fruit Milk/Juice	Morning Rolls Fruit Milk Juice	Muffins Cheese Sticks Fruit Milk/Juice
	26	27	28	29	30
	Pancake on Stick Fruit Milk/Juice	Breakfast Pizza Fruit Milk Juice	Waffles Sausage Fruit Milk/Juice	Scrambled Eggs Bacon Toast Fruit Milk/Juice	Cinnamon Rolls Cheese Sticks Fruit Milk/Juice

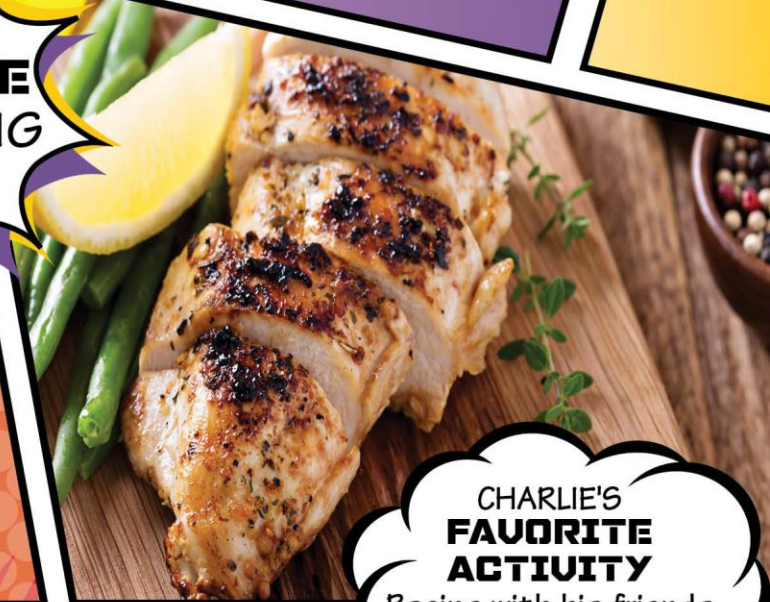


NEWS ALERT!

Twelve new superheroes have been discovered living on Healthyville Farm. Each month we will learn about their super powers. Keeping to the town's farm, these heroes work day in and day out to feed the world and fight for nutrition, strength, and power!



CHARLIE THE FLYING Chicken



**CHARLIE'S
FAVORITE
ACTIVITY**
Racing with his friends

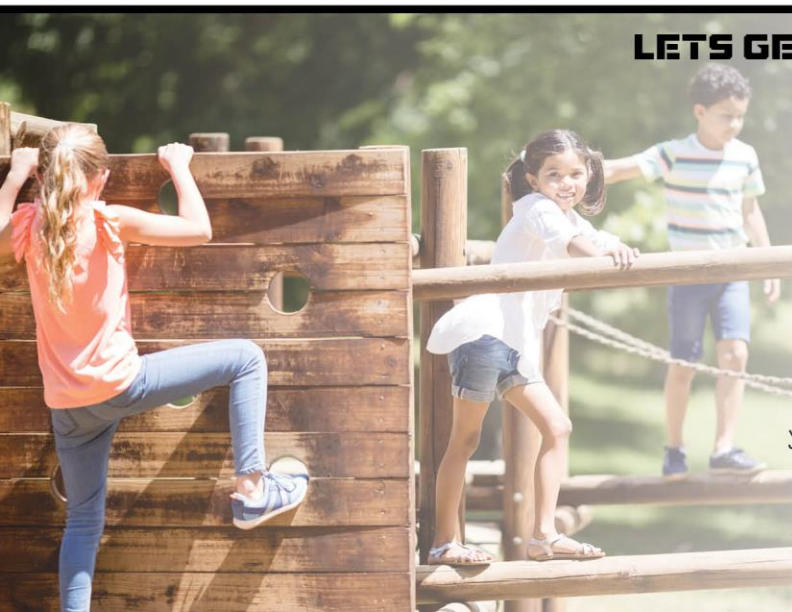


POWER SUPER SPEED and Flying

Charlie the chicken always heard that chickens couldn't fly, but that didn't stop him from trying. Charlie had strong wings that he could move super fast. One day when Charlie was racing the other chickens, he spun his wings in a speedy circle and flew across the finish line!

FUN FACT

There are 28,380,000 chickens in the state of Texas, more than any other bird species.

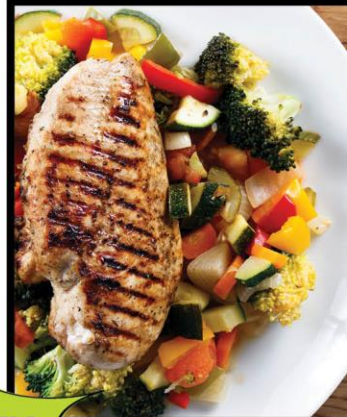


LET'S GET MOVING

Eating right is essential for good health, but your body also needs exercise. If you run a race or play tag you're doing something great for your heart. If you do a handstand or climb, you're building muscles and strength. Just keep moving!

WHAT TO KNOW

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



JOKE OF THE MONTH

Q: Why didn't the hen cross the road?

A: Because she was
a chicken.