



AUGUST

2019

TDA's August 2019 Menu Calendar

I'm
CHARLIE
THE FLYING
CHICKEN

**GOOD
EATS AT**

MAY ISD

**SPECIAL
ANNOUNCEMENTS**

Lunch Menu
K-6 Regular Price: \$2.75
7-12 Regular Price: \$3.00
K-12 Reduced Price: \$0.40
Extra Milk: \$0.50
Extra Juice: \$0.50
Adult Price: \$3.75
Milk and juice are offered
with each meal. Menu is
subject to change due to
deliveries.
Salad served Daily.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

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Chicken Subs
Cooked Carrots
Chips
Fruit
Milk/Juice

Pizza
Veggie Sticks
Corn
Fruit
Milk/Juice

Cheeseburgers
French Fries
Ranch Beans
Broccoli
Fruit
Milk/Juice

Corn Dogs
Tater Tots
Celery
Fruit
Milk/Juice

Frito Pie
Peas
Carrots/Broccoli
Fruit
Milk/Juice

Spaghetti
Meatballs
Green Beans
Garlic Bread
Fruit
Milk/Juice

Salisbury Steak
Mashed Potato
Cooked Carrots
Rolls
Fruit
Milk/Juice

Chicken on Bun
Chips
Baked Beans
Fruit
Milk/Juice

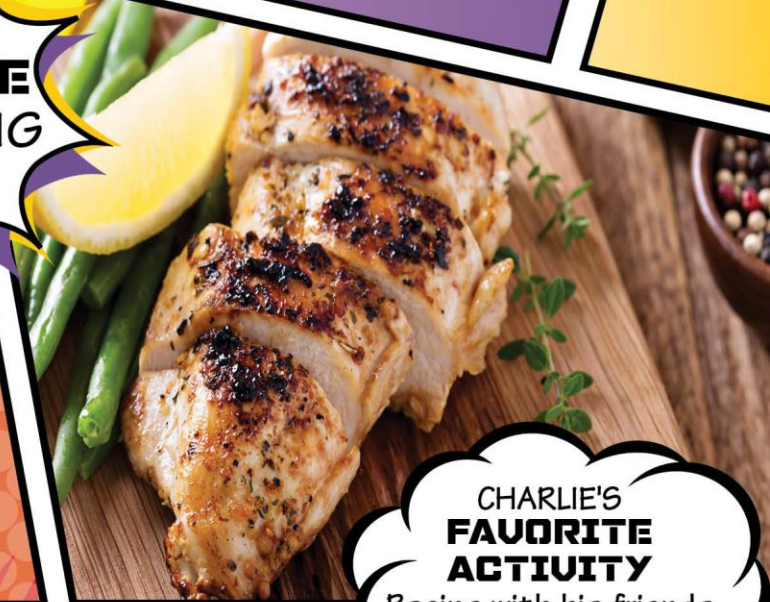


NEWS ALERT!

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



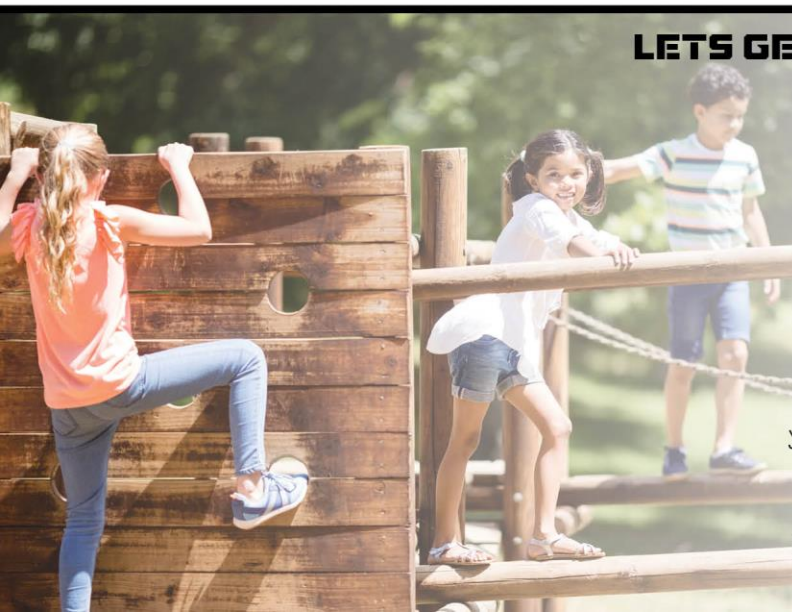
POWER SUPER SPEED and Flying

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.

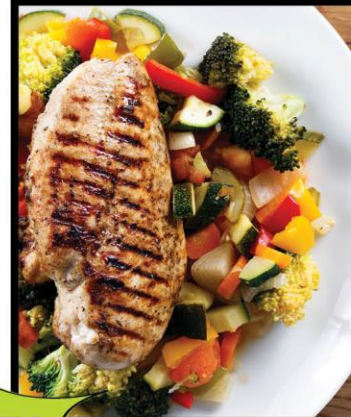
LET'S GET MOVING



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.