



# 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.

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21 Chicken Subs Cooked Carrots Chips Fruit Milk/Juice	22 Pizza Veggie Sticks Corn Fruit Milk/Juice	23 Cheeseburgers French Fries Ranch Beans Broccoli Fruit Milk/Juice
26 Corn Dogs Tater Tots Celery Fruit Milk/Juice	27 Frito Pie Peas Carrots/Broccoli Fruit Milk/Juice	28 Spaghetti Meatballs Green Beans Garlic Bread Fruit Milk/Juice	29 Salisbury Steak Mashed Potato Cooked Carrots Rolls Fruit Milk/Juice	30 Chicken on Bun Chips Baked Beans Fruit Milk/Juice

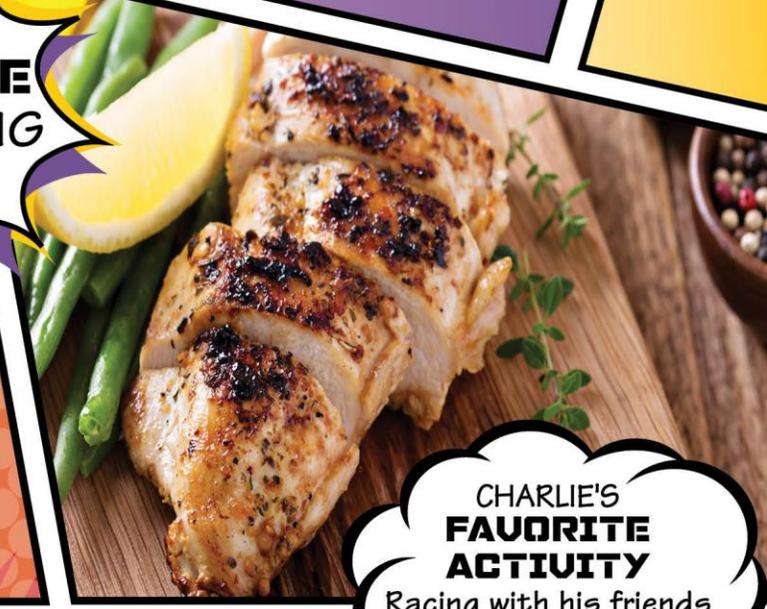


# NEWS ALERT!

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.

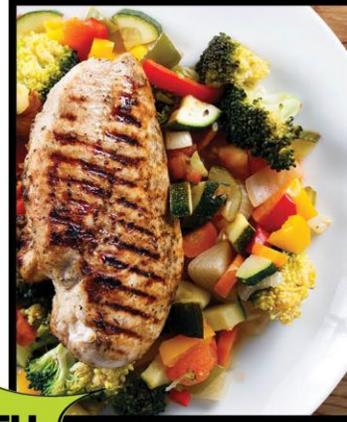


## LET'S GET MOVING

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.