



AUGUST

2019

TDA's August 2019 Menu Calendar

I'm
CHARLIE
THE FLYING
CHICKEN

M

T

W

TH

F

**GOOD
EATS AT**

**SPUR ISD
K-12
BREAKFAST
MENU**

**SPECIAL
ANNOUNCEMENTS**

**FRUIT, 100% FRUIT
JUICE AND MILK
VARIETY OFFERED DAILY**

5

6

7

8

9

12

13

14

15

16

BREAKFAST PIZZA
OR
CEREAL
TOAST

19

FRENCH TOAST
SAUSAGE
OR
PB&J

20

BISCUIT, GRAVY,
SCRAMBLED
EGGS, BACON
OR
MUFFIN
YOGURT

21

PANCAKE WRAP
YOGURT
OR
BREAKFAST
CRACKERS
CHEESE STICKS

22

BISCUIT
SAUSAGE
OR
CEREAL
TOAST

23

PANCAKES
BACON
OR
CEREAL
TOAST

26

SUNRISE
SANDWICH
OR
PB&J

27

BREAKFAST PIZZA
OR
MUFFIN
YOGURT

28

BREAKFAST BREAD
YOGURT
OR
BREAKFAST
CRACKERS
CHEESE STICKS

29

BREAKFAST
BURRITO
HASH BROWNS
OR
CEREAL
TOAST

30



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



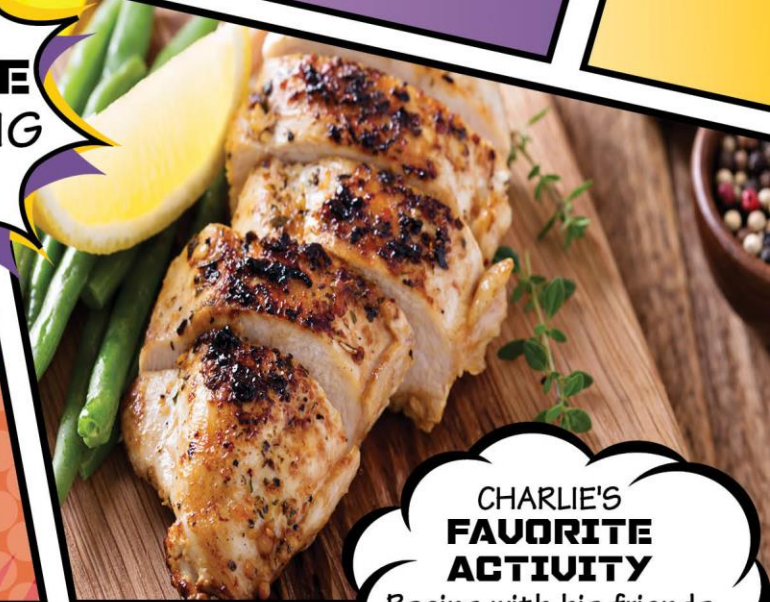
This product was funded by USDA.
This institution is an equal opportunity provider.

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



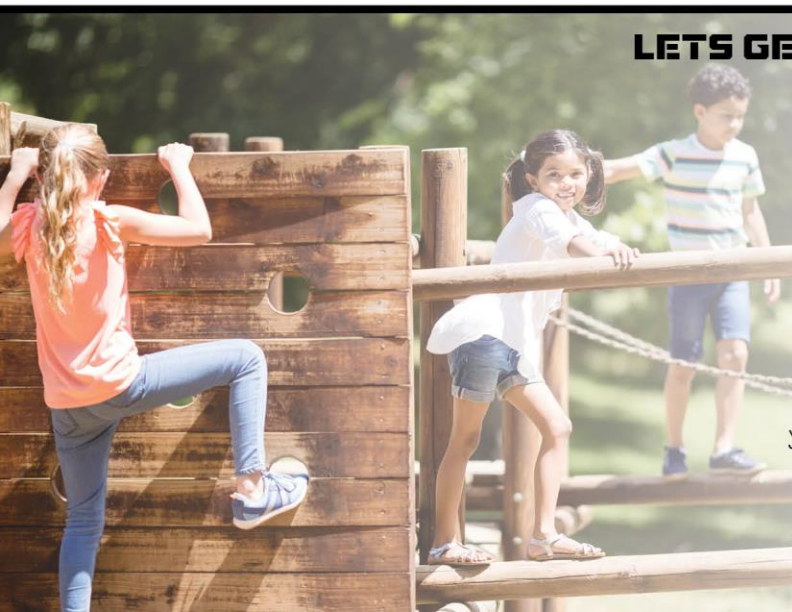
POWER SUPER SPEED and Flying

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.

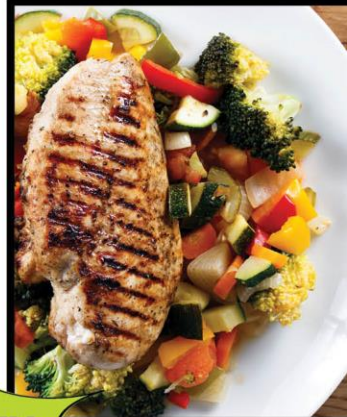
LET'S GET MOVING



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.