### TDA's August 2019 Menu Calendar

#### I'm CHARLIE THE FLYING CHICKEN

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>TH</th>
<th>F</th>
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</thead>
<tbody>
<tr>
<td>B-Turkey Sausage, Toast, Applesauce, Milk</td>
<td>B-Cheerios Cereal, Toast, Orange, Milk</td>
<td>B-Cheese Pizza, Romaine &amp; Tomato Salad w/lite ranch, Peaches, Milk</td>
<td>B-Biscuits &amp; Sausage, Apple, Milk</td>
<td>B-French Toast &amp; Turkey Sausage, Baked Apples, syrup, Milk</td>
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<tr>
<td>L-Sweet &amp; Sour Chicken, Brown Rice, Green Beans, Pineapple, Milk</td>
<td>L-Hamburger on Bun, Potato Puffs, ketchup, Apricots, Milk</td>
<td>L-Beef Spaghetti, Steamed Carrots, Pears, Bread, Milk</td>
<td>S-Broccoli w/ranch1</td>
<td>S-Goldfish2</td>
</tr>
<tr>
<td>S-Strawberry Chex</td>
<td>S-Yogurt</td>
<td>S-Cucumber Slices w/ranch</td>
<td>S-Watermelon Chunks</td>
<td>S-Cantaloupe Cubes</td>
</tr>
<tr>
<td>B-Turkey Sausage, Toast, Pineapple, Milk</td>
<td>B-Cornchex Cereal, Toast, Banana, Milk</td>
<td>B-Toast &amp; Egg, Cheese Omelet, Orange, Milk</td>
<td>B-Rice Chex Cereal, Toast, Banana, Milk</td>
<td>B-Pancake &amp; Turkey Sausage, Baked Apples, Milk</td>
</tr>
<tr>
<td>L-Beef Soft Taco, Pinto Beans, Mixed Fruit, Milk</td>
<td>L-Turkey Taco Burger, iceberg &amp; Tomato Salad w/lite ranch, Apricots, Milk</td>
<td>L-Fish Shapes, Sweet Potato Fries, ketchup, Pears, Roll, Milk</td>
<td>L-Turkey Taco Burger, Mixed Fruit, Roll, Milk</td>
<td>S-Crackers/Cheese Sticks</td>
</tr>
<tr>
<td>S-Chdr Chex Mix</td>
<td>S-Apples</td>
<td>S-Watermelon Chunks</td>
<td>S-Cantaloupe Cubes</td>
<td>S-Graham Crackers</td>
</tr>
<tr>
<td>B-Tape Cheese Sticks, Applesauce, Milk</td>
<td>B-Waffle &amp; Turkey Sausage, syurup, Mango, Milk</td>
<td>B-Cornchex, Toast, Pineapple, Milk</td>
<td>B-Biscuit &amp; Sausage, Apple, Milk</td>
<td>B-Toast &amp; Turkey Sausage, Oranges, Milk</td>
</tr>
<tr>
<td>L-Beef sauced w/ Rotini, Spinach, Peaches, Roll, Milk S-Cheese Nips</td>
<td>L-Hamburger on Bun, Steamed Carrots, Pears, Milk</td>
<td>L-Beefballs w/gravy, Potato Pears, Peaches, Roll, Milk</td>
<td>L-Chicken Alfredo, Steamed Broccoli, Mixed Fruit, Roll, Milk</td>
<td>L-Hamburger on Bun, Mixed Fruit, Roll, Milk</td>
</tr>
<tr>
<td>S-Grilled Cheese</td>
<td>S-Yogurt</td>
<td>S-Watermelon Chunks</td>
<td>S-S-Graham Crackers</td>
<td>S-Broccoli w/ranch</td>
</tr>
<tr>
<td>B-Kix Cereal, Toast, Oranges, Milk</td>
<td>B-Egg &amp; Cheese Omelet, Toast, Apple Milk</td>
<td>B-Cheese Omelet, Toast, Apple Milk</td>
<td>B-Egg &amp; Cheese Omelet, Toast, Apple Milk</td>
<td>B-Toast &amp; Turkey Sausage, Oranges, Milk</td>
</tr>
<tr>
<td>L-Hamburger on Bun</td>
<td>L-Meatloaf, Corn, Mixed Fruit, Roll, Milk</td>
<td>L-Turkey Taco Burger, Pinto Beans</td>
<td>L-Turkey Taco Burger, Pinto Beans</td>
<td>L-Hamburger on Bun</td>
</tr>
<tr>
<td>S-Oranges</td>
<td>S-Broccoli w/ranch</td>
<td>S-Strawberries</td>
<td>S-Strawberries</td>
<td>S-Broccoli w/ranch</td>
</tr>
</tbody>
</table>

#### Vegetarian Options:

- 08/01, 20, 30- Garden Burger
- 08/02, 5, 14, 26- Veggie Chicken Nuggets
- 08/07, 23 - Veggie Chkn Wings
- 08/08, 27- Veggie Spaghetti
- 08/12- Veggie Taco
- 08/13- Veggie Sloppy Joe
- 08/15, 29- Veggie Taco Burger
- 08/16, 22,28- Veggie Balls
- 08/19- Cheese Quesadilla

#### Special Announcements

1. **All Vegetables are steamed.**
2. **All Canned Fruit is in light syrup and drained.**
3. **100% Whole grain products served.**
4. **Real butter and jelly used w/breakfast.**
5. **Milk Choices: Whole, Skim, Fat-free.**

### 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

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!

LETS 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.

CHARLIE’S FAVORITE ACTIVITY
Racing with his friends

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

JOKE OF THE MONTH
Q: Why didn’t the hen cross the road?
A: Because she was a chicken.