



# AUGUST

2019

TDA's August 2019 Menu Calendar

I'm **CHARLIE**  
THE FLYING  
CHICKEN

**GOOD  
EATS AT**

**BISD  
Daycare  
Café**

**SPECIAL  
ANNOUNCEMENTS**

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Pig in a Blanket  
Green Beans  
Sliced Pears  
Milk 19

Breakfast for  
Lunch  
Tater Tots  
Orange Smiles  
Milk 20

Beef Soft Taco  
Refried Beans  
Bananas  
Milk 21

Cheese Pizza  
Glazed Carrots  
Applesauce  
Milk 22

Chicken Bites  
Mashed  
Potatoes  
Sweet Corn  
Milk 23

Grilled Cheese  
Carrots  
Diced Pears  
Milk 26

Hamburger  
Cheesy Broccoli  
Pineapple  
Milk 27

Cheese  
Quesadilla  
Charro Beans  
Sliced Peaches  
Milk 28

Spaghetti  
Carrots  
Orange Smiles  
Milk 29

Steak Fingers  
Mashed  
Potatoes  
Mandarins  
Milk 30



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



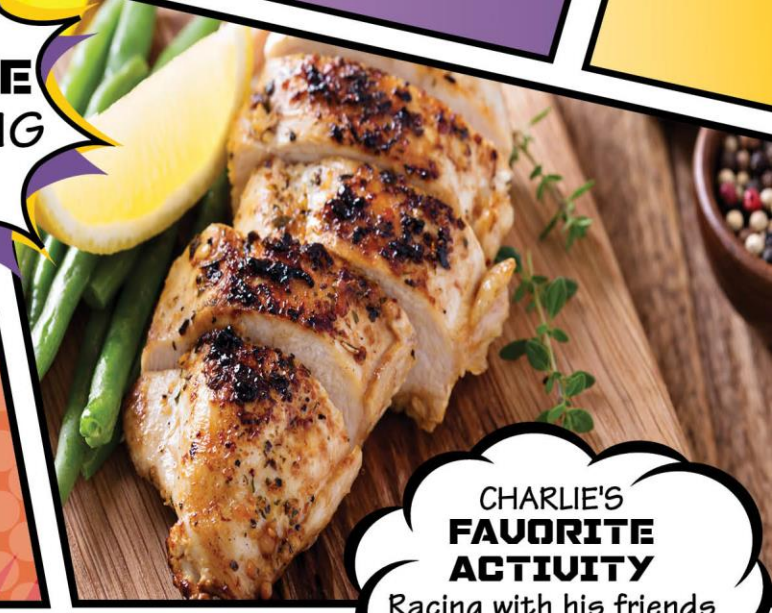
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# NEWS ALERT!

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

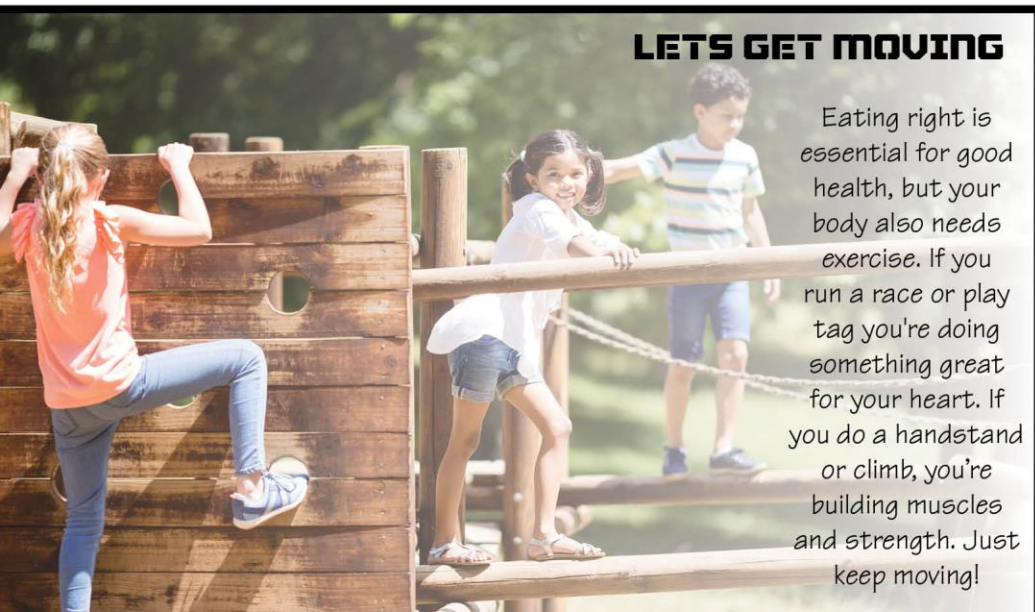


## POWER SUPER SPEED and Flying

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.

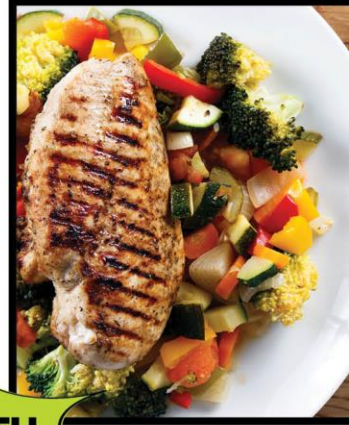


## LET'S GET MOVING

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.