

**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**



# AUGUST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
Chicken nuggets Mashpot/gravy Green beans Roll canned fruit	Enchiladas Spanish rice Refried beans Salad applesuace	Chick spaghetti Breadsticks Vegetable madley Salad Slice peaches	Soft tacos Baby carrots Mexi corn Salsa/chips Orange slices	Cheeseburgers Sweetpot. Fries Zesty cucumbers Apple slices w/ peanutbutter
24	25	26	27	28

Beef & Bean bur  
Salsa  
Corn  
Fresh veg.cup  
Mandarin oranges

31

## PROTEIN

BEEF, CHICKEN, PORK, FISH,  
SHRIMP, EGGS, BEANS, NUTS



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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GOOD EATS AT:



SPECIAL ANNOUNCEMENTS





**IT'S AUGUST**, and good things to eat are popping up all over Texas. Here are a few facts that can help you be better explorers—and healthier Texans!

**FOOD:** Poultry

**REGION WITH FRESH SELECTION:** Statewide

### DISTINGUISHING CHARACTERISTICS:

Poultry is a term describing various types of birds raised as a food source.

### WHAT TO KNOW:

Poultry, especially chicken and turkey, are excellent sources of protein. Protein is important because it builds muscles and helps keep the body strong. Chicken and turkey are also low in fat, making them a healthy choice for any meal.



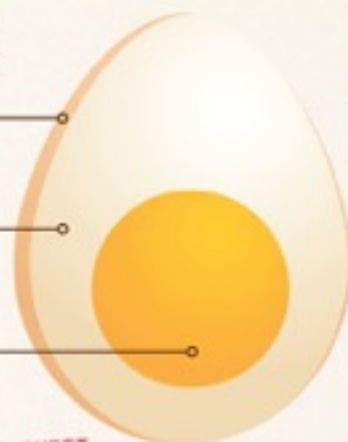
Q: Why didn't the hen cross the road?

A: BECAUSE SHE WAS A CHICKEN!



### ANATOMY OF AN EGG:

Shell ———  
White (Albumen) ———  
Yolk ———



COMING IN  
SEPTEMBER:  
**APPLES!**



### EXPLORER'S EXERCISE TRACKING SHEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

### FUN FACT:

Turkeys are flock birds who walk more than fly. Wild turkeys can fly short distances and often sleep in trees.

### EXPLORER'S NOTEBOOK:

While eating right is essential for good health, 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 stretching. Just keep moving and have fun! **Use the exercise tracking sheet above and place a check mark in the box for the days you exercise to keep track of your physical activity.**





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13

14

17

18

19

20

21

Ham & cheese  
On bun  
Fruit  
Juice  
milk

24

Egg & cheese omelet  
Toast  
Fruit  
Juice  
milk

25

Cereal  
Toast  
Fruit  
Juice  
milk

26

Waffles  
Sausage  
Fruit  
Juice  
milk

27

Yogurt parfait or  
Cereal & toast  
Fruit  
Juice  
milk

28

Pancakes  
Bacon  
Fruit  
Juice  
milk

31

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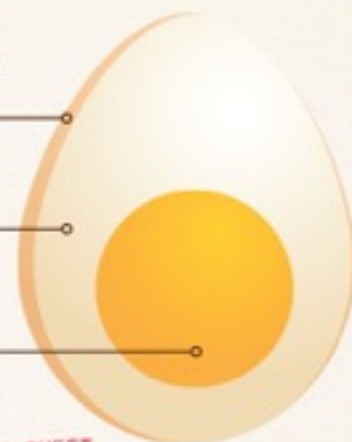
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