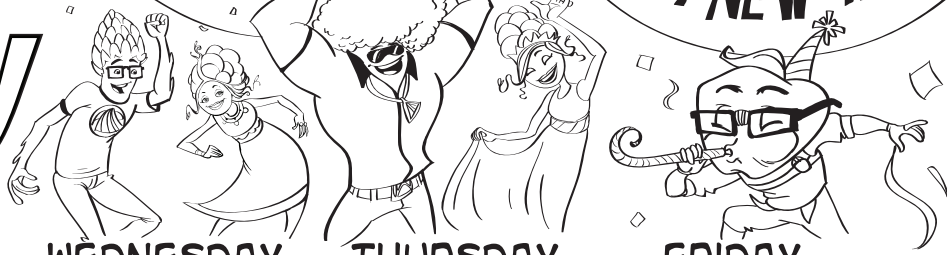


HAPPY NEW YEAR!
HAVE FUN COLOR ME!

January

2012

HAPPY NEW YEAR!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

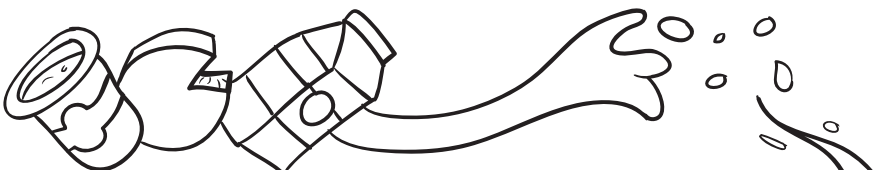
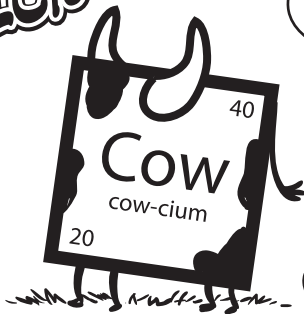
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	A black and white line drawing of a girl with a baseball cap and a backpack, riding a skateboard. She is pushing a shopping cart filled with various food items like a pizza, a sandwich, and a drink. The text "EAT SCHOOL MEALS!" is written in a large, stylized font below the illustration. <p>EAT SCHOOL MEALS!</p>		



What does **CALCIUM** bring me?

Maybe They Should Call it **COW-cium!**

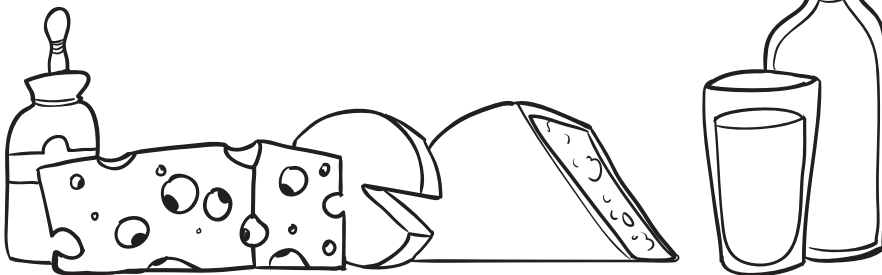
Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is **LOADED** with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily calcium needs. And, did you know that dark leafy greens like spinach, broccoli and kale also contribute to the calcium you need daily? A lot to smile about!



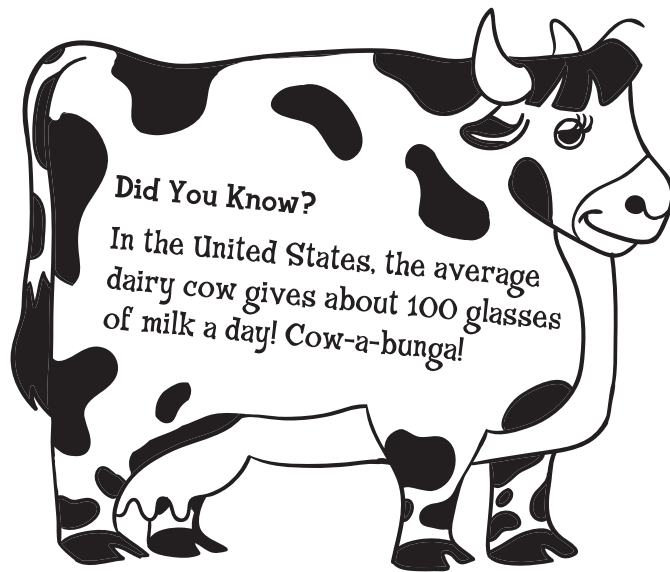
Mixed-Up Dairy

Unscramble these jumbled words to find things associated with dairy products.

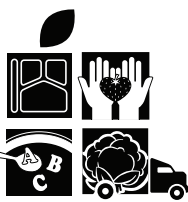
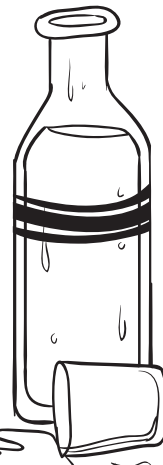
- GOTURY
- HECEES
- UMCILAC
- GNORTS NOBES



(Answers: Yogurt, Cheese, Calcium, Strong Bones)



OUR CAFETERIA BRINGS IT!



Food and Nutrition

3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right
TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER TODD STAPLES

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

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