



# AUGUST

2019

TDA's August 2019 Menu Calendar

I'm **CHARLIE**  
THE FLYING  
CHICKEN



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W

TH

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Meal 6  
Wow Butter w/ jelly  
Honey Graham  
Crackers  
Cheez-its  
Peaches  
Juice  
Milk 5

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk 6

Meal 8  
Bean Dip  
Beef Stick  
Corn Chips  
Applesauce  
Sunflower Kernels  
Juice  
Milk 7

Meal 9  
Bacon Cheese Cup  
Pretzels Sticks  
Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk 8

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk 9

Meal 6  
Wow Butter w/ jelly  
Honey Graham  
Crackers  
Cheez-its  
Peaches  
Juice  
Milk 12

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk 13

Meal 8  
Bean Dip  
Beef Stick  
Corn Chips  
Applesauce  
Sunflower Kernels  
Juice  
Milk 14

Meal 9  
Bacon Cheese Cup  
Pretzels Sticks  
Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk 15

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk 16

Meal 6  
Wow Butter w/ jelly  
Honey Graham  
Crackers  
Cheez-its  
Peaches  
Juice  
Milk 19

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk 20

Meal 8  
Bean Dip  
Beef Stick  
Corn Chips  
Applesauce  
Sunflower Kernels  
Juice  
Milk 21

Meal 9  
Bacon Cheese Cup  
Pretzels Sticks  
Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk 22

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk 23

Meal 6  
Wow Butter w/ jelly  
Honey Graham  
Crackers  
Cheez-its  
Peaches  
Juice  
Milk 26

Meal 7  
BBQ Chicken Cup  
Crackers  
Educational Cookies  
Mandarin Oranges  
Sunflower Kernels  
Juice  
Milk 27

Meal 8  
Bean Dip  
Beef Stick  
Corn Chips  
Applesauce  
Sunflower Kernels  
Juice  
Milk 28

Meal 9  
Bacon Cheese Cup  
Pretzels Sticks  
Crackers  
Applesauce  
Sunflower Kernels  
Juice  
Milk 29

Meal 10  
Mozzarella Cheese Stick  
Beef Stick  
Salsa Cup  
Corn Chips  
Sunflower Kernels  
Juice  
Milk 30

GOOD  
EATS AT

East Texas Food  
Bank

SPECIAL  
ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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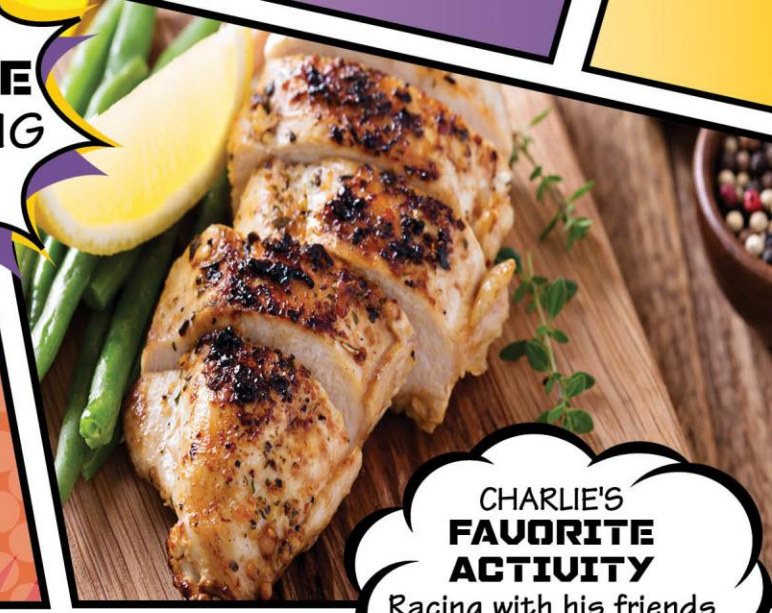


# NEWS ALERT!

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

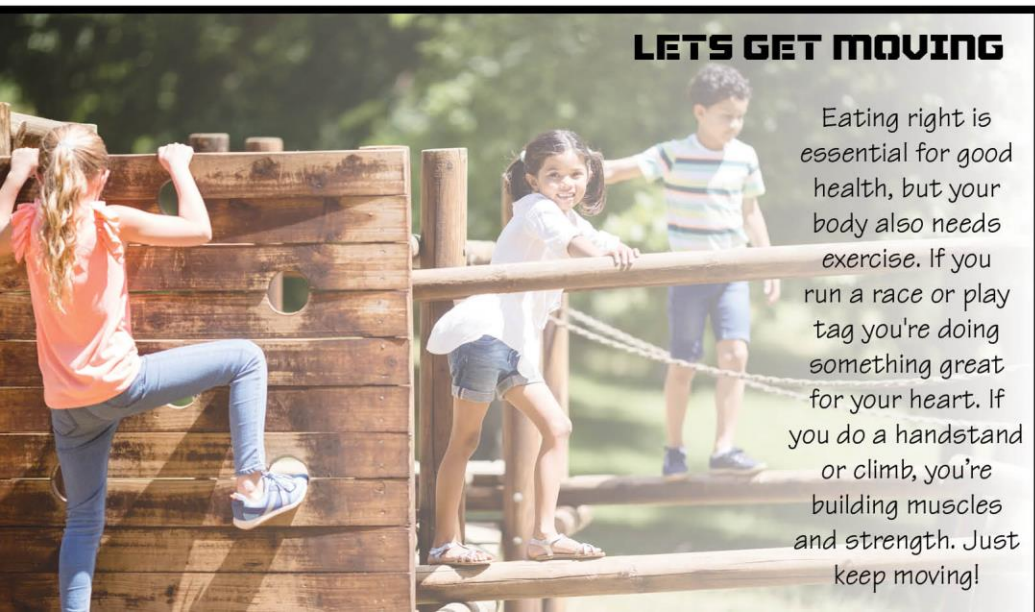


## POWER SUPER SPEED and Flying

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.

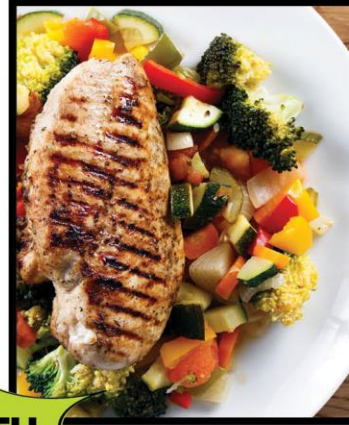


## LET'S GET MOVING

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.