



AUGUST

2019

TDA's August 2019 Menu Calendar

I'm **CHARLIE**
THE FLYING
CHICKEN

M

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W

TH

F

5

6

7

8

9

Cheez It
Fruit Punch
12

Cinnamon Elf
Grahams
Grape Juice
13

Animal Cookies
Fruit Punch
14

Pretzels
Apple Juice
15

Honey Graham
Crackers
Orange-
Tangerine Juice
16

Cheez It
Fruit Punch
19

Cinnamon Elf
Grahams
Grape Juice
20

Animal Cookies
Fruit Punch
21

Pretzels
Apple Juice
22

Honey Graham
Crackers
Orange-
Tangerine Juice
23

Cheez It
Fruit Punch
26

Cinnamon Elf
Grahams
Grape Juice
27

Animal Cookies
Fruit Punch
28

Pretzels
Apple Juice
29

Honey Graham
Crackers
Orange-
Tangerine Juice
30

GOOD
EATS AT



SPECIAL
ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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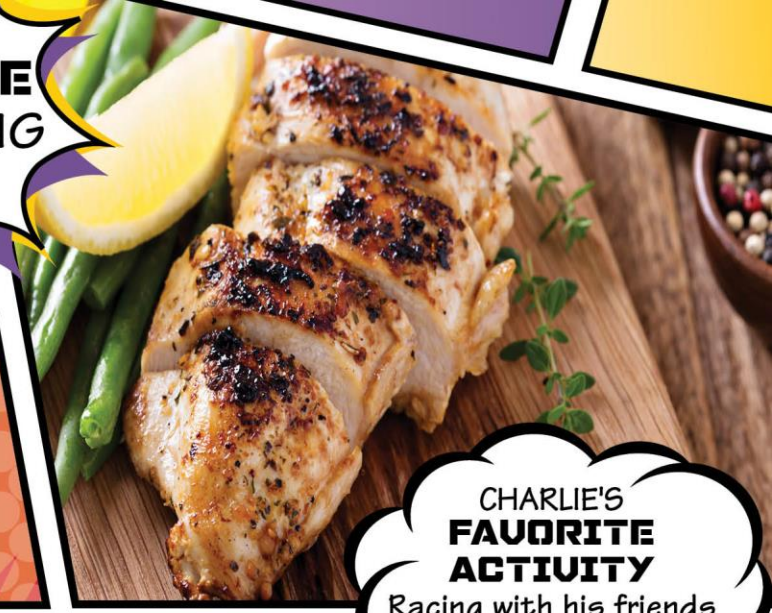


NEWS ALERT!

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.

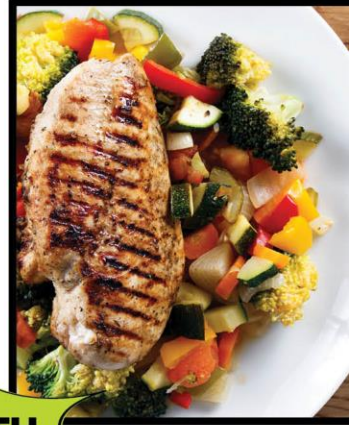


LET'S GET MOVING

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.