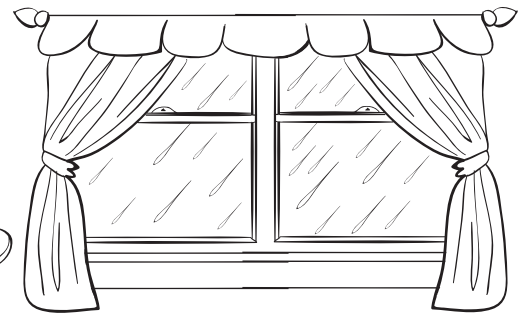


April



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



HAVE FUN COLOR ME!

EAT SCHOOL LUNCHES!



What does
bring me?

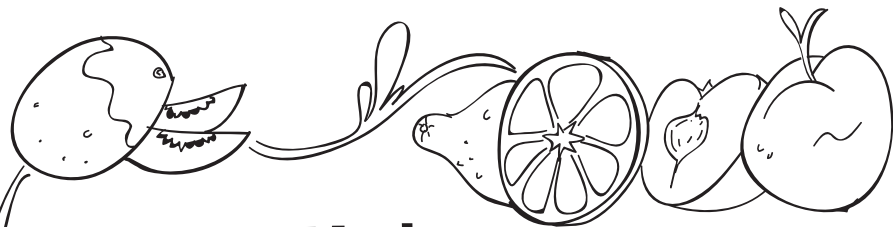
VITAMIN C



How Do You Make a Lemon Float?

The answer: Put it on a ship! Did you know that oranges, lemons and other citrus fruits have a proud place in sailing history? It's true. A few centuries ago, sailors on long voyages often became ill with a disease called scurvy.

While scurvy is rare today, it used to be a big problem. Because sailors on ships weren't eating enough citrus fruits rich in Vitamin C, they became very weak and even lost their teeth! Once ships started carrying citrus fruits for their passengers and crew, scurvy wasn't a problem anymore. So now you know why it's important to get plenty of healthy Vitamin C every day!



Mixed-Up Meals

Rearrange the letters on these mixed up words to reveal some favorite fruits.

NABANA

CHEAP

GENARO

MONLE

GOMAN

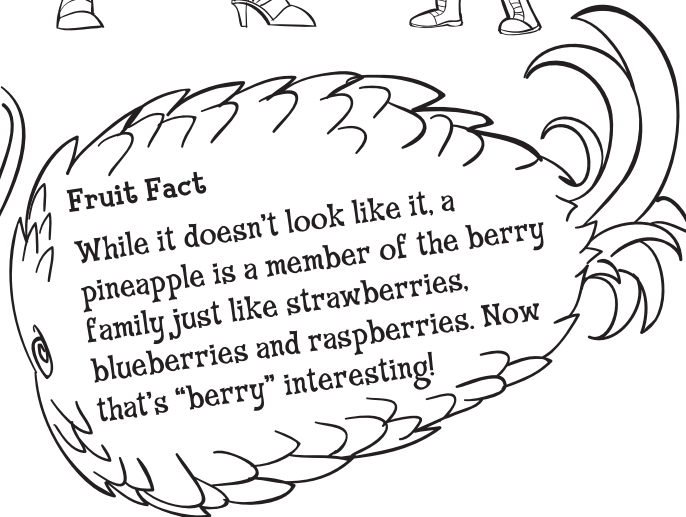


(Answers: Banana, Peach, Orange, Lemon, Mango)



Who is the best singer in the produce section?

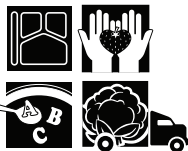
Katy PEAR-y!



Fruit Fact

While it doesn't look like it, a pineapple is a member of the berry family just like strawberries, blueberries and raspberries. Now that's "berry" interesting!

OUR CAFETERIA BRINGS IT!



Food and Nutrition

3 E'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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