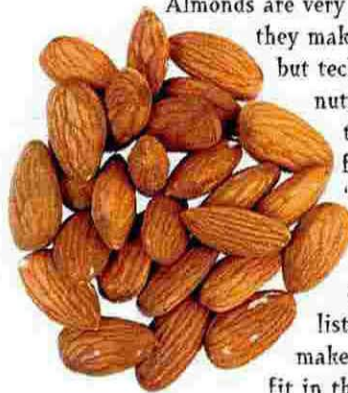


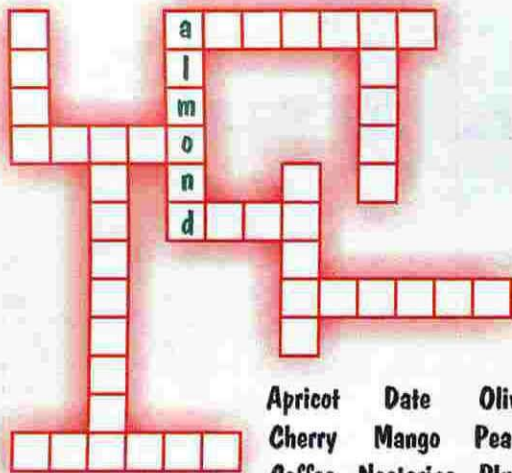


EXPLORING THE SECRETS OF "MY PYRAMID"

Before you go nuts over almonds . . .



Almonds are very healthy for you and they make a great snack . . . but technically they aren't nuts! They're actually the seed of a type of fruit that's called a "drupe." That means that almonds are related to all of the other "drupes" listed below. Can you make all of the "drupes" fit in the crossword puzzle?



Apricot Date Olive
Cherry Mango Peach
Coffee Nectarine Plum

Monday, Aug., 23

Cheese Toast
Cereal, Yogurt
Fruit or Juice
Milk

Sloppy Joe Sandwich
French Fries
California Blend
Tossed Salad
Fresh Pear
Milk

Tuesday, Aug., 24

Muffin, Cereal
Fruit or Juice
Milk

Soft Tacos
Rice
Corn
Lettuce, Tomatoes,
Cheese
Fresh Apple
Chocolate Chip
Cookie
Milk

Wed., Aug., 25

Pancake on a Stick
Fruit or Juice
Milk

Lemon Pepper Baked
Chicken
Collard Greens
Candied Yams
Fresh Orange
Cornbread
Milk

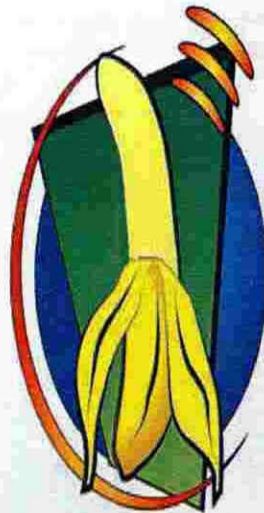
Thursday, Aug., 26

Manager's
Choice

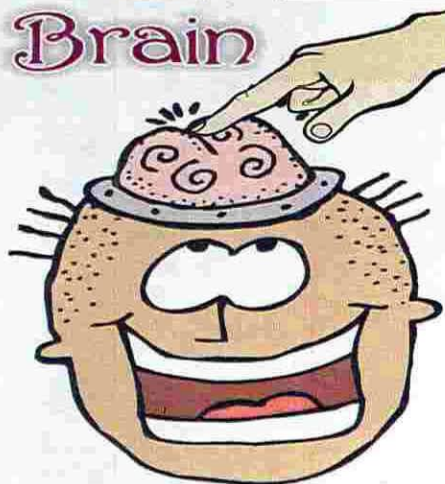
Friday, Aug., 27

Toast, Sausage
Grits
Fruit or Juice
Milk

Cheeseburger
Corn Chips
Corn on the Cob
Tossed Salad
Pineapple Chunks
Sugar Cookie
Milk



Brain



Ticklers

What vehicle
is spelled
the same
backwards
and forwards?

(Hold the page upside
down and read it in a
mirror for the answer!)

„1596869L“



Flying a kite is fantastic exercise on a windy spring day - and fun, too! Kite flying works your arms and legs (especially in a strong breeze!), and you can burn 300 calories in an hour.

**SOMETHING'S
BURNING**
Exercise for good health

Monday, Aug., 30

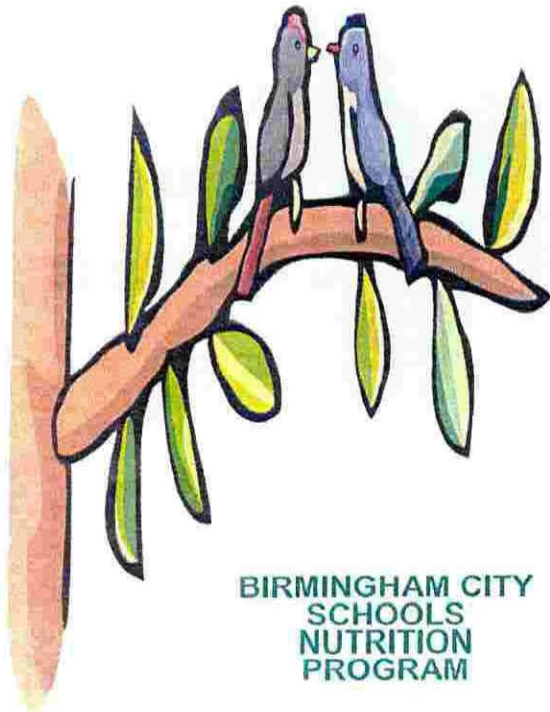
Pancakes, Sausage
Fruit or Juice
Milk

Deli Sandwiches or
Wraps
Sun Chips
Pasta Salad
Tossed Salad
Banana
Milk

Tuesday, Aug., 31

Manager's
Choice

Menus for August 2010



**BIRMINGHAM CITY
SCHOOLS
NUTRITION
PROGRAM**

Monday, Aug., 09

Muffin, Cereal
Yogurt
Fruit or Juice
Milk

Cheeseburgers
Baked Chips
Steamed Corn
Tossed Salad
Grapes
Milk

Tuesday, Aug., 10

Donut, Cereal
Yogurt
Fruit or Juice
Milk

Deli Sandwich
Corn Chips
Pasta Salad
Tossed Salad
Fruit Juice Bar
Milk

Wed., Aug., 11

Biscuit
Grits
Fruit or Juice
Milk

Chicken or Beef
Taco Salad
Mexicali Corn
Spanish Rice
Lettuce/Tomatoes/
Cheese
Banana Pudding
Milk

Thursday, Aug., 12

Pancake, Sausage
Fruit or Juice
Milk

Salisbury Steak
Macaroni & Cheese
Collard Greens
Tossed Salad
Fresh Apple
Cornbread
Milk

Friday, Aug., 13

Muffins
Yogurt, Cereal
Fruit or Juice
Milk

Pizza
Mozzarella Sticks
Stir Fried
Vegetables
Tossed Salad
Fresh Orange
Milk

Monday, Aug., 16

French Toast Sticks
Sausage
Fruit or Juice
Milk

Beef -a-Roni
Black Eye Peas
Corn on Cob
Granny Smith Apple
Corn Bread
Milk

Tuesday, Aug., 17

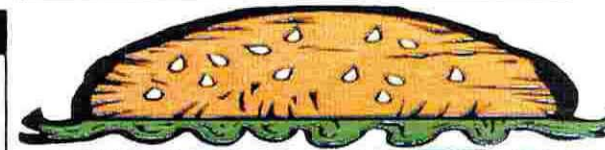
Cheese Toast, Grits
Fruit or Juice
Milk

Hot Dog Supreme
Baked Beans
Corn Nugget
Fresh Pear
Chocolate Chip
Cookie
Milk

Wed., Aug., 18

Breakfast Pizza
Fruit or Juice
Milk

Spaghetti
California Blend
Tossed Salad
Orange Wedges
Roll
Milk



NUTRITION TO GO

This might come as a shocker, but pizza is NOT junk food! It's a complete food that kids will almost always eat willingly. Pizza provides fiber, calcium, and vitamin A, and if it's made with lower-fat mozzarella, pizza doesn't even contain a lot of fat.

A TASTY MORSEL FOR TEENAGERS

Thursday, Aug., 19

Waffle Sticks
Sausage
Fruit or Juice
Milk

Chicken Nuggets
Mashed Potatoes
Green Beans
Fresh Strawberries
Roll
Milk

Friday, Aug., 20

Biscuit, Ham
Fruit or Juice
Milk

Chicken Salad
Corn Chips
Pasta Salad
Fruit Salad
Cracker or Hoagie
Milk

