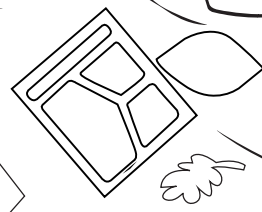
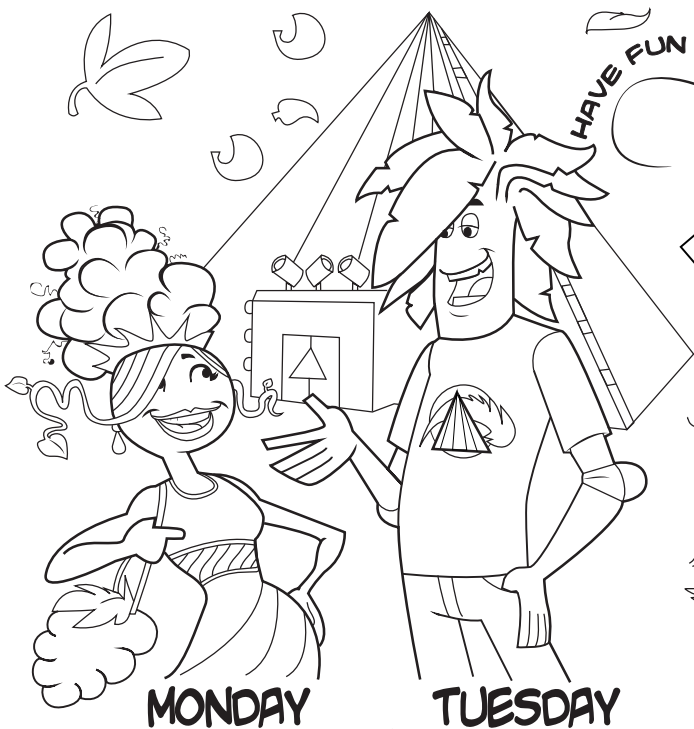


# September

HAVE FUN COLOR ME!

EAT SCHOOL MEALS!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2
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5	6	7	8	9
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12	13	14	15	16
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19	20	21	22	23
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26	27	28	29	30
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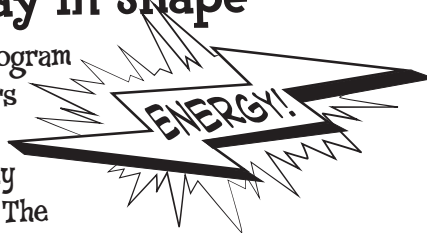


# What does MyPyramid bring me?



## MyPyramid: The Right Shape to Stay in Shape

Everybody needs MyPyramid. It's a food program designed just for you. MyPyramid considers your age, your height, your weight and how much physical activity you get each day to build the perfect nutrition plan for you. The



plan includes all the basics – grains, fruits, vegetables, dairy and meats/beans – in just the right portions to control your weight, build your muscles and focus your mind. You don't have to be a pharaoh to have a pyramid – just ask your dad or your mummy! You can design your very own nutrition pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).



Why did the boy eat his math test?  
Because he heard it was a piece of cake.



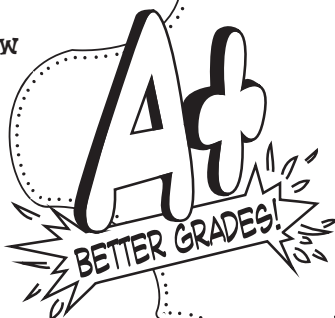
### Let's Give Portions a Hand

Want to learn a trick that makes eating the right-sized portion easy? Make a fist. The portion of fruits or vegetables that shows up on your plate should be about the same size as your fist. It's a "handy" way to stay healthy!

### MyPyramid Puzzler

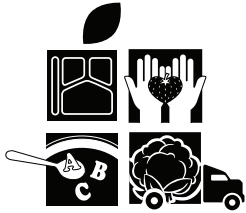
Use the clues to rearrange the mixed-up letters in the names of these food groups.

- Inargs:** Cereals, bread and rice are just a few of the tasty options in this group.
- Utfirs:** Apples are red and hang from a tree – this group is loaded with Vitamin C!
- Gevetbelas:** A group that turns your body into a lean, green, healthy machine.
- Riady:** It's got milk and cheese and is sure to please.
- Atems and Anebs:** The group where beef and turkey meet something that starts with green, black and navy.



(Answers: Grains, Fruits, Vegetables, Dairy, Meats and Beans)

## OUR CAFETERIA BRINGS IT!



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).  
Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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