



What's on  
**YOUR**  
plate?



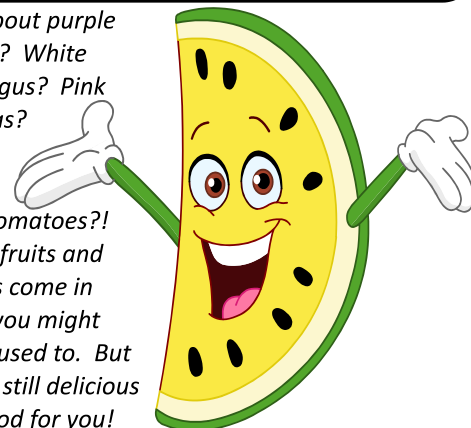
WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!



**STRANGE**  
**BUT TRUE!**

**Yellow Watermelon?!**

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they're still delicious and good for you!



## Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day \_\_\_\_\_
2. Multiply your average servings by 2 \_\_\_\_\_
3. Add 5 to the number on line 2 \_\_\_\_\_
4. Multiply line 3 by 50 \_\_\_\_\_
5. Write 1765 if you've had your birthday this year or 1764 if you haven't \_\_\_\_\_
6. Add lines 4 and 5 together \_\_\_\_\_
7. Write the year you were born \_\_\_\_\_
8. Subtract line 7 from line 6 \_\_\_\_\_

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

**It works like MAGIC!**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, October 16

**NO SCHOOL**

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**PLANNING DAY**

Tuesday, October 17

**Breakfast**

Sausage Links,  
Honey Dew  
Melon, Donut,  
Milk

**Lunch**

Chicken Fajita,  
Diced Pears, Black  
Beans, Milk

Wed., October 18

**Breakfast**

Yogurt, Bagel,  
Juice, Milk

**Lunch**

Riblets on hoagie  
bun, Pineapples,  
Green Beans,  
Potato Salad, Milk

Thursday, October 19

**Breakfast**

Waffles, Mixed  
Fruit, Egg Patty,  
Milk

**Lunch**

Fish Nuggets,  
Potato Wedges,  
Applesauce,  
Dinner Roll, Milk

Friday, October 20

**Breakfast**

Cereal, Toast,  
Grapes, Milk

**Lunch**

Tuna Salad,  
Crackers, Let.. &  
Tom., Cucumbers,  
Strawberries, Milk

Monday, October 23

**Breakfast**

Breakfast Pizza,  
Orange Slices,  
Milk

**Lunch**

Bean Burrito,  
Spanish Rice,  
Diced Pears, Milk

Tuesday, October 24

**Breakfast**

Pancake Pup,  
Applesauce, Milk

**Lunch**

Hamburger,  
Spinach &  
Tomatoes, Tater  
Tots, Grapes, Milk

Wed., October 25

**Breakfast**

Cereal, Toast,  
Banana, Milk

**Lunch**

Ham & Cheese  
Sub, Apple Slices,  
Carrots, Chips,  
Milk  
**EARLY  
DISMISSAL**

Thursday, October 26

**Breakfast**

Muffins, Yogurt  
Juice, Milk

**Lunch**

Chicken Patty on  
bun, Sliced  
Peaches, Broccoli  
Milk

Friday, October 27

**Breakfast**

Pop Tarts, Sausage  
Patty, Apple, Milk

**Lunch**

Bologna &  
Cheese Sandwich,  
Mixed Fruit, Celery  
Sticks, Milk