

I'm  
**PASCAL THE PIG**

# JANUARY

**2020**

TDA's January 2020 Menu Calendar



**M**

**T**

**W**

**TH**

**F**

NO SCHOOL  
6

POPCORN CHICKEN  
MASHED POTATOES  
PEAS  
COOKIES  
FRUIT  
MILK  
7

NO SCHOOL  
1

NO SCHOOL  
2

NO SCHOOL  
3

PIZZA CRUNCHERS  
ITALIAN SALAD  
BABY CARROTS  
FRUIT  
MILK  
8

CHICKEN SANDWICH  
FRENCH FRIES  
LETTUCE/TOMATO  
FRUIT  
MILK  
9

HOMESTYLE PIZZA  
GREEN SALAD  
CUCUMBER  
FRUIT  
MILK  
10

CHICKEN SOUP  
MEXICAN RICE  
CORN ON THE COB  
CARROTS  
FRUIT  
MILK  
13

CHEESESTICKS  
MARINARA SAUCE  
BROCCOLI  
FRUIT  
MILK  
14

CHICKEN NUGGETS  
POTATO WEDGES  
CORN  
CUPCAKE  
FRUIT  
MILK  
15

HOTDOG  
PINTO BEANS  
CARROTS  
FRUIT  
MILK  
16

CORN DOG  
PINTO BEANS  
DRAGON JUICE  
FRUIT  
MILK  
17

NO SCHOOL  
20

CHICKEN ALFREDO  
PASTA  
GREEN BEANS  
CARROTS  
GARLIC BREAD  
FRUIT  
MILK  
21

MEATBALL  
MARINARA SUB  
LETTUCE/TOMATO  
BROCCOLI  
FRUIT  
MILK  
22

CHICKEN DRUMSTICK  
MASHED POTATOES  
CORN ON THE COB  
MUFFIN  
FRUIT  
MILK  
23

HOMESTYLE PIZZA  
ITALIAN SALAD  
BABY CARROTS  
FRUIT  
MILK  
24

BONELESS WINGS  
CURLY FRIES  
MIXED VEGETABLES  
RICE KRISPIES TREAT  
FRUIT  
MILK  
27

CHILI BOWL  
GREEN BEANS  
CARROTS  
CORN BREAD  
FRUIT  
MILK  
28

ROLLED TACOS  
SHREDDED  
CABBAGE/CARROT  
FRUIT  
MILK  
29

CHEESEBURGER  
FRENCH FRIES  
LETTUCE/TOMATO  
FRUIT  
MILK  
30

SPAGHETTI W/  
MEATSAUCE  
GREEN BEANS  
CARROTS  
BREADSTICK  
FRUIT  
MILK  
31

**GOOD EATS AT**

THE LINGUISTIC  
ACADEMY OF EL  
PASO- A CULTURAL  
DEMONSTRATION  
SITE

LUNCH MENU

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TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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# PASCAL

Pig

Pascal the pig may be stout but he is strong! Pascal was born without a tail so the veterinarian made him a mechanical tail out of a spring. Pascal uses his super spring tail to jump super high!



## WHAT TO KNOW

Pork is a protein food that is used in many recipes like ham sandwiches, pork chops, pulled pork tacos, and jambalaya. Did you know that pork is an excellent source of nutrients such as protein, thiamin, niacin, vitamin B-6, and phosphorus? It is also a good source of potassium, zinc, and riboflavin.



## JOKE OF THE MONTH

Q: Why should you never tell a pig a secret?

A: Because they love to squeal!



**POWER**  
HIGH JUMP

PASCAL'S  
FAVORITE  
ACTIVITY  
Jump Rope

## MAD LIB!

### BECOMING PART OF THE SUPER SQUAD!

Pascal Pig was not always a \_\_\_\_\_ who spent his time educating kids about eating healthy and dodging evil \_\_\_\_\_. He was once a normal, average \_\_\_\_\_. He had a \_\_\_\_\_ life growing up on the farms of Texas. Now he spends his time doing \_\_\_\_\_ and traveling around Texas in his \_\_\_\_\_ to help kids learn about eating right so they can become Healthy Heroes too!

noun  
plural noun  
noun  
adjective  
activity  
noun

