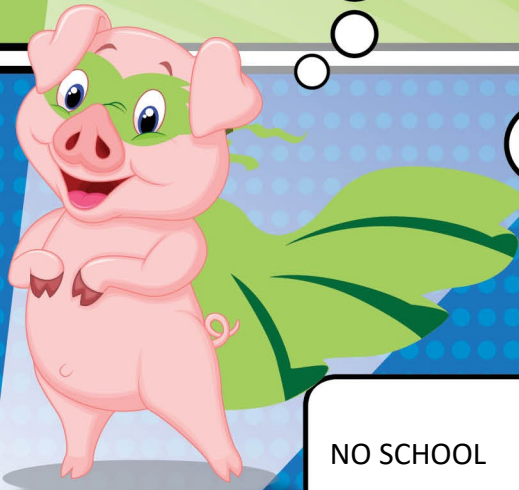


I'm
PASCAL THE PIG

JANUARY

2020

TDA's January 2020 Menu Calendar



GOOD EATS AT

VISTA DEL FUTURO CHARTER SCHOOL BREAKFAST MENU

SPECIAL ANNOUNCEMENTS

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

M	T	W	TH	F
NO SCHOOL 6	OATMEAL TOAST W/ JELLY FRUIT JUICE MILK 7	NO SCHOOL 1	NO SCHOOL 2	NO SCHOOL 3
ASSORTED CEREAL MUFFIN FRUIT JUICE MILK 13	BEAN AND CHEESE BURRITO FRUIT JUICE MILK 14	ASSORTED CEREAL COOKIES FRUIT JUICE MILK 15	SCRAMBLED EGGS BACON BISCUIT W/ JELLY FRUIT JUICE MILK 9	CHOCOLATE CHIP COOKIES CHEESE STRING FRUIT JUICE MILK 10
NO SCHOOL 20	BEEF TAMALES FRUIT JUICE MILK 21	ASSORTED CEREAL COOKIES FRUIT JUICE MILK 22	CINNAMON GLAZED PANCAKES FRUIT JUICE MILK 16	BREAKFAST PIZZA FRUIT JUICE MILK 17
ASSORTED CEREAL COOKIES FRUIT JUICE MILK 27	BREAKFAST CORNDOG SYRUP FRUIT JUICE MILK 28	ASSORTED CEREAL MUFFIN FRUIT JUICE MILK 29	POTATOES W/ CHORIZO FLOUR TORTILLA FRUIT JUICE MILK 23	FRENCH TOAST SYRUP FRUIT JUICE MILK 24
			SCRAMBLED EGGS HASHBROWN BISCUIT W JELLY FRUIT JUICE MILK 30	CHICKEN POZOLE CORN CHIPS FRUIT JUICE MILK 31



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

