

I'm
PASCAL THE PIG

JANUARY

2020

TDA's January 2020 Menu Calendar



GOOD EATS AT

VISTA DEL FUTURO CHARTER SCHOOL

LUNCH MENU

SPECIAL ANNOUNCEMENTS

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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
CHICKEN SOUP MEXICAN RICE CORN ON THE COB CARROTS FRUIT MILK 13	CHEESESTICKS MARINARA SAUCE BROCCOLI FRUIT MILK 14	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
NO SCHOOL 20	CHICKEN ALFREDO PASTA GREEN BEANS CARROTS GARLIC BREAD FRUIT MILK 21	CHICKEN NUGGETS POTATO WEDGES CORN CUPCAKE FRUIT MILK 15	HOT DOG PINTO BEANS CARROTS FRUIT MILK 16	CORN DOG PINTO BEANS DRAGON JUICE FRUIT MILK 17
BONELESS WINGS CURLY FRIES MIXED VEGETABLES RICE KRISPIES TREAT FRUIT MILK 27	CHILLI BOWL GREEN BEANS CARROTS CORN BREAD FRUIT MILK 28	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
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		



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

