



AUGUST

2020

VISTA DEL FUTURO BREAKFAST MENU



m No School 3.	t No School 4.	w No School 5.	th No School 6.	f No School 7.
Assorted cereal Banana bread Juice Fruit Milk 10.	Oatmeal Toast with jelly Juice Fruit Milk 11.	Poptarts Juice Fruit Milk 12.	Breakfast pizza Juice Fruit Milk 13.	Pancakes with syrup Juice Fruit Milk 14.
Assorted cereal Cookies Juice Fruit Milk 17.	Strawberry cream cheese bagel Juice Fruit Milk 18.	Cereal bar Yogurt Juice Fruit Milk 19.	Scrambled eggs - biscuit Bacon Juice Fruit Milk 20.	Chocolate chip cookies Cheese string Juice Fruit Milk 21.
Assorted cereal Cookies Juice Fruit Milk 24.	Cinnamon sugar donut Juice Fruit Milk 25.	Concha Bread Juice Fruit Milk 26.	Egg sausage biscuit Sandwich Juice Fruit Milk 27.	Chicken Pozole Tostada chips Juice Fruit Milk 28.

Assorted cereal
Corn bread
Juice
Fruit
Milk
31.

Special Announcements:

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

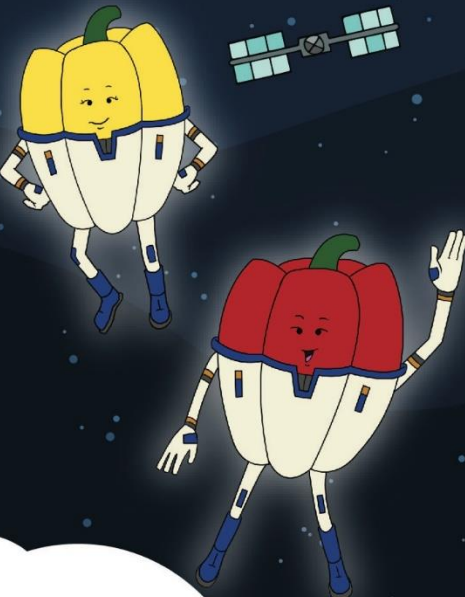
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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



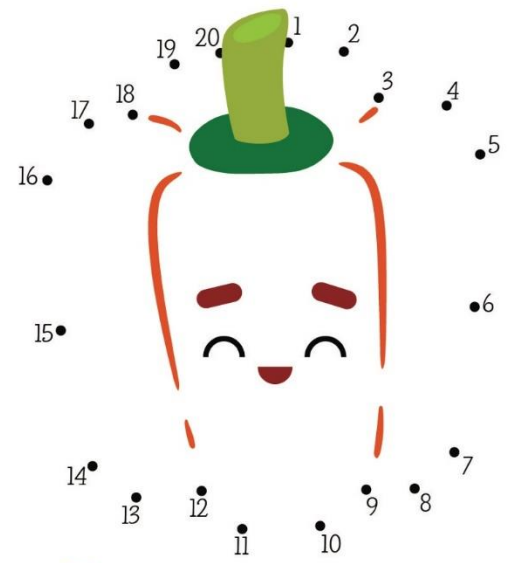
Updated 01/2020
www.SquareMeals.org



PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.