



AUGUST

2020

VISTA DEL FUTURO LUNCH MENU



<p>No School</p> <p>3.</p>	<p>No School</p> <p>4.</p>	<p>No School</p> <p>5.</p>	<p>No School</p> <p>6.</p>	<p>No School</p> <p>7.</p>
<p>Cheese Sticks Marinara sauce Broccoli Fruit Milk</p> <p>10.</p>	<p>Chicken Nuggets Corn Carrots Cookies- Fruit Milk</p> <p>11.</p>	<p>Cheeseburger French fries Lettuce- Tomato Fruit Milk</p> <p>12.</p>	<p>Beef Fingers Mashed Potatoes - Peas Muffin Fruit Milk</p> <p>13.</p>	<p>Hot-Dogs Curly fries Pinto Beans Fruit Milk</p> <p>14.</p>
<p>Chicken Tenders Potato Wedges- veggies Rice Krispies treat Fruit Milk</p> <p>17.</p>	<p>Doritos Nachos Supreme Corn- Pinto beans Muffin Fruit Milk</p> <p>18.</p>	<p>Corn- Dogs French Fries Juicy Juice Fruit Milk</p> <p>19.</p>	<p>Chicken Mandarin Oriental Noodles Broccoli-Dragon Juice Fruit Milk</p> <p>20.</p>	<p>Home-Style Pizza Italian Salad Baby Carrots Fruit Milk</p> <p>21.</p>
<p>Hamburger Lettuce/Tomato French Fries Fruit Milk</p> <p>24.</p>	<p>Chicken Bites Pinto beans- Corn Cookies Fruit Milk</p> <p>25.</p>	<p>Spaghetti with meat sauce Broccoli-Carrots Garlic Toast Fruit Milk</p> <p>26.</p>	<p>Chicken drumstick Curly fries-Dragon Juice Cheetos Fruit Milk</p> <p>27.</p>	<p>Pizza pocket jicama -Cucumber Fruit Milk</p> <p>28.</p>

Chicken quesadillas
Green beans- carrots
Fruit
Milk

31.

Special Announcements:

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

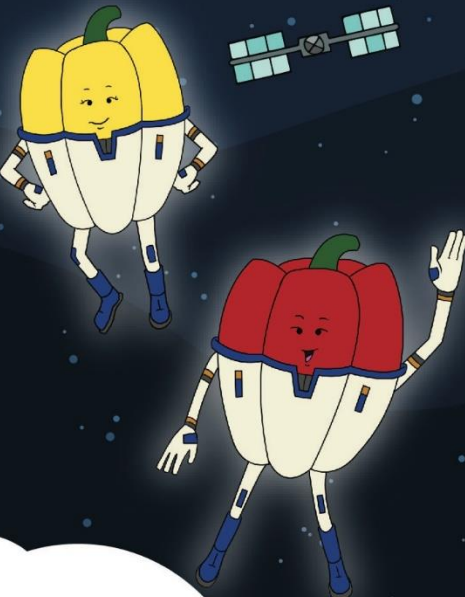
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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



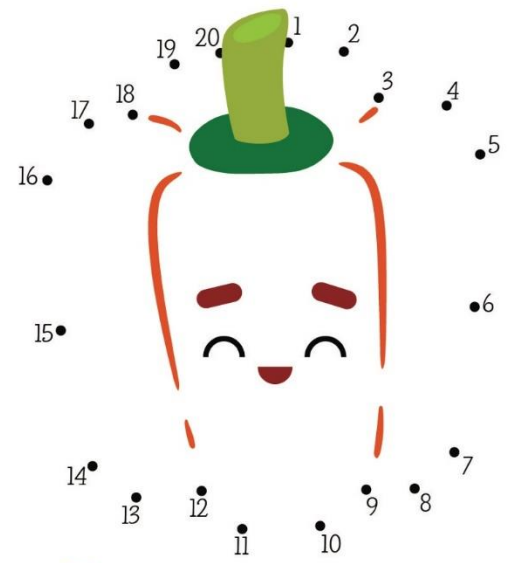
Updated 01/2020
www.SquareMeals.org



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.