



# DECEMBER

2020

VISTA DEL FUTURO CHARTER SCHOOL- LUNCH



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Home-Style Pizza  
Mixed Vegetables  
Baby Carrots  
Fruit  
Milk 1.

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Spaghetti w/ meat sauce  
Carrots-Garlic bread  
Green beans  
Fruit  
Milk 2.

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Chicken Sandwich  
Lettuce/Tomato  
Curly Fries  
Fruit  
Milk 3.

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Cheese sticks  
Marinara sauce  
Peas  
Fruit  
Milk 4.

Nachos Supreme  
Pinto beans  
Corn  
Fruit  
Milk 7.

Sweet and sour chicken  
Oriental Noodles  
Broccoli  
Fruit  
Milk 8.

Corn dog  
French fries  
Mixed vegetables  
Fruit  
Milk 9.

Ham sandwich  
Lettuce/Tomato  
Cheetos  
Fruit  
Milk 10.

Boneless Chicken  
Fries-Carrots  
Muffin  
Fruit  
Milk 11.

Chicken Tenders  
French Fries  
Macaroni and cheese  
Fruit  
Milk 14.

Meatball marinara sub  
Green beans  
Baked chips  
Fruit  
Milk 15.

Chicken Drumstick  
Mashed Potatoes  
Peas  
Fruit  
Milk 16.

Beef Tacos  
Lettuce/Tomato  
Pinto Beans  
Fruit  
Milk 17.

Home Style Pizza  
Green salad  
Cucumber Sticks  
Fruit  
Milk 18.

NO SCHOOL  
21.

NO SCHOOL  
22.

NO SCHOOL  
23.

NO SCHOOL  
24.

NO SCHOOL  
25.

NO SCHOOL  
28.

NO SCHOOL  
29.

NO SCHOOL  
30.

NO SCHOOL  
31.

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National School Lunch Program and School Breakfast Program



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# GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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