



JANUARY

2021

VISTA DEL FUTURO CHARTER SCHOOL- BREAKFAST



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NO SCHOOL

1.

NO SCHOOL

4.

NO SCHOOL

5.

NO SCHOOL

6.

NO SCHOOL

7.

NO SCHOOL

8.

Mini Donuts

Juice
Fruit
Milk

11.

Scrambled eggs - Biscuit

Bacon
Juice
Fruit
Milk

12.

Assorted cereal

Cookies
Juice
Fruit
Milk

13.

Cereal bar

Yogurt
Juice
Fruit
Milk

14.

Chocolate chip cookies

Cheese string
Juice
Fruit
Milk

15.

NO SCHOOL

18.

Cinnamon sugar donut

Juice
Fruit
Milk

19.

Honey bun

Juice
Fruit
Milk

20.

Pancakes w syrup

Juice
Fruit
Milk

21.

Egg sausage biscuit

Sandwich
Juice
Fruit
Milk

22.

Assorted cereal

Cookies
Juice
Fruit
Milk

25.

Breakfast Pizza

Juice
Fruit
Milk

26.

Poptarts

Juice
Fruit
Milk

27.

Potatoes w chorizo

Flour tortilla
Fruit
Milk

28.

French Toast w syrup

Juice
Fruit
Milk

29.



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
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TEXAS STAR CITRUS

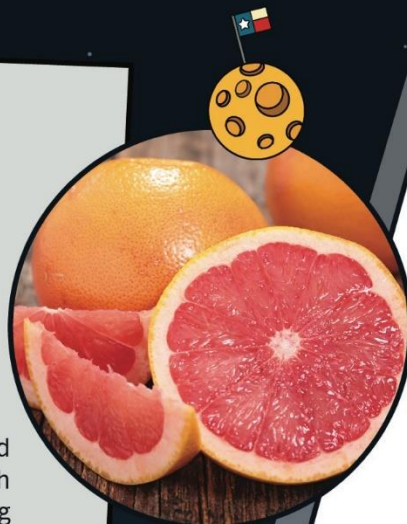
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.



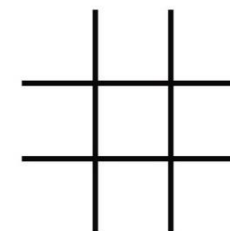
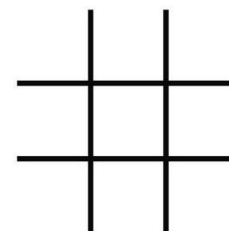
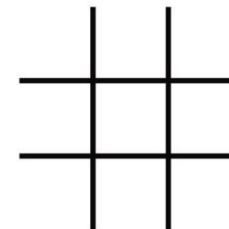
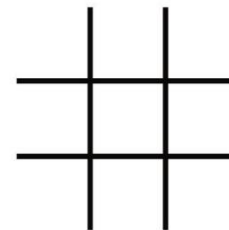
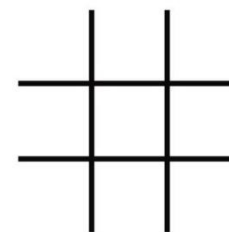
DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.



TIC-TAC-TOE



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