



# JANUARY

2021

## VISTA DEL FUTURO CHARTER SCHOOL- LUNCH



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NO SCHOOL

1.

NO SCHOOL

4.

NO SCHOOL

5.

NO SCHOOL

6.

NO SCHOOL

7.

NO SCHOOL

8.

Home-Style Pizza  
Mixed Vegetables  
Baby Carrots  
Fruit  
Milk

11.

Spaghetti w/ meat sauce  
Garlic bread  
Green beans  
Fruit  
Milk

12.

Chicken Sandwich  
Lettuce/Tomato  
Curly Fries  
Fruit  
Milk

13.

Meatloaf  
Mashed potatoes  
Pinto beans  
Fruit  
Milk

14.

Cheese sticks  
Marinara sauce  
Peas  
Fruit  
Milk

15.

NO SCHOOL

18.

Orange- Mandarin Chicken  
Oriental Noodles  
Broccoli  
Fruit  
Milk

19.

Corn dog  
French fries  
Pinto beans  
Fruit  
Milk

20.

Ham sandwich  
Lettuce/ Tomato  
Cheetos  
Fruit  
Milk

21.

Boneless Chicken  
Fries-Carrots  
Muffin  
Fruit  
Milk

22.

Nachos supreme  
Pinto beans  
Fruit  
Milk

25.

Meatball marinara sub  
Green beans  
Baked chips  
Fruit  
Milk

26.

Chicken Drumstick  
Mashed Potatoes  
Peas  
Fruit  
Milk

27.

Beef Tacos  
Lettuce/ Tomato  
Corn  
Fruit  
Milk

28.

Home Style Pizza  
Green salad  
Cucumber Sticks  
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

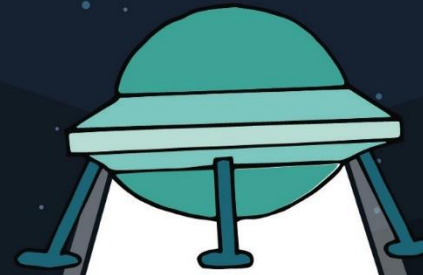
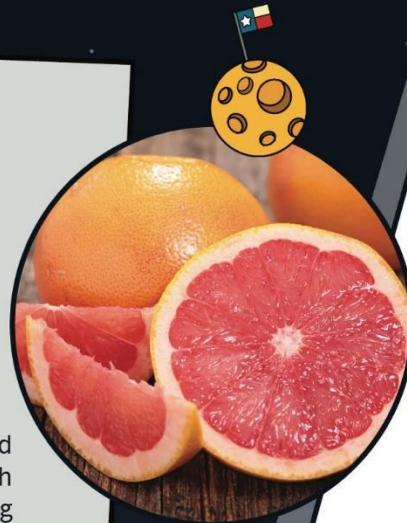
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2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



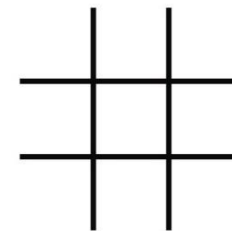
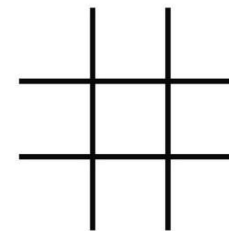
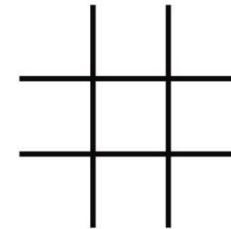
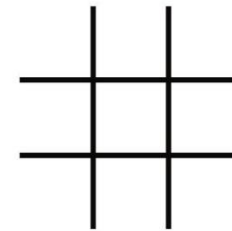
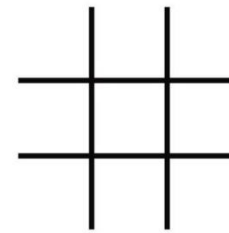
## DID YOU KNOW?

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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