



# FEBRUARY

2021

VISTA DEL FUTURO CHARTER SCHOOL



**Special Announcements:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be available in languages other than English.

m

Chicken Tenders  
Mashed potatoes  
Macaroni and cheese  
Fruit  
Milk 1.

t

Meatloaf  
Carrots-Dinner roll  
Green beans  
Fruit  
Milk 2.

w

Chicken sandwich  
Lettuce/Tomato  
Curly Fries  
Fruit  
Milk 3.

th

Nachos  
Pinto beans  
Corn  
Fruit  
Milk 4.

f

Home-Style Pizza  
Mixed Vegetables  
Baby Carrots  
Fruit  
Milk 5.

8.

Mandarin Chicken  
Oriental Noodles  
Broccoli  
Fruit  
Milk 8.

9.

Hot-Dogs  
Curly fries  
Pinto Beans  
Fruit  
Milk 9.

10.

Chicken Nuggets  
Corn on the cob -Carrots  
Rice krispies treat  
Fruit  
Milk 10.

11.

Spaghetti with meat sauce  
Broccoli-mixed vegetables  
Bread Stick  
Fruit  
Milk 11.

12.

Cheese sticks  
Marinara sauce  
Peas  
Fruit  
Milk 12.

15.

NO SCHOOL 15.

16.

Cheeseburger  
Lettuce/Tomato  
French Fries  
Fruit  
Milk 16.

17.

Chicken Bites  
Mashed potatoes-peas  
Cookies  
Fruit  
Milk 17.

18.

Beef Tacos  
Lettuce-Tomato-Beans  
Muffin  
Fruit  
Milk 18.

19.

Chicken Teriyaki  
Fried rice  
Broccoli  
Fruit  
Milk 19.

22.

Doritos Nachos Supreme  
Corn- Pinto beans  
Cookies  
Fruit  
Milk 22.

23.

Popcorn chicken  
Mashed potatoes-Green beans  
Dinner roll  
Fruit  
Milk 23.

24.

Corn- Dogs  
Potato wedges  
Carrots  
Fruit  
Milk 24.

25.

Beef cheese supreme taco  
Green salad- tomato  
Fruit  
Milk 25.

26.

Home-Style Pizza  
Italian salad  
Baby Carrots  
Fruit  
Milk 26.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA.  
This institution is an equal opportunity provider.



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



Updated 01/2020  
www.SquareMeals.org



# BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



## DID YOU KNOW?

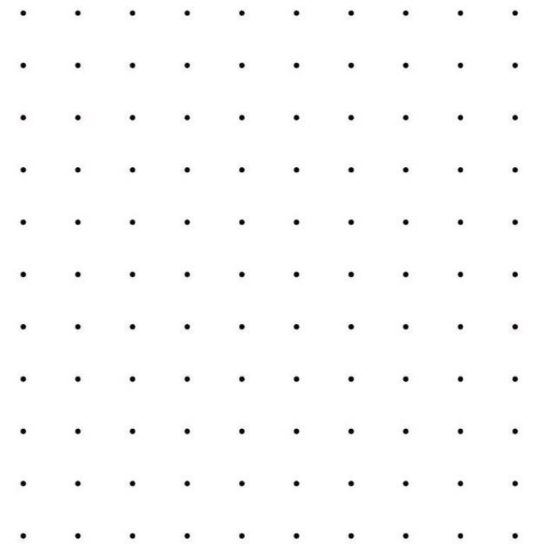
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



## DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**  
This product was funded by USDA.  
This institution is an equal opportunity provider.



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



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)