



MARCH

2021

VISTA DEL FUTURO CHARTER SCHOOL



Assorted cereal
Cookies
Juice
Fruit
Milk

1.

NO SCHOOL

8.

NO SCHOOL

15.

Assorted cereal
Cookies
Juice
Fruit
Milk

22.

Assorted cereal
Cookies
Juice
Fruit
Milk

29.

Pancakes w syrup
Juice
Fruit
Milk

2.

NO SCHOOL

9.

NO SCHOOL

16.

Cinnamon sugar donut
Juice
Fruit
Milk

23.

Waffles w syrup
Juice
Fruit
Milk

30.

Mini Donuts
Juice
Fruit
Milk

3.

NO SCHOOL

10.

NO SCHOOL

17.

French toast w syrup
Juice
Fruit
Milk

24.

Poptarts
Juice
Fruit
Milk

31.

Egg - Biscuit
Bacon
Juice
Fruit
Milk

4.

NO SCHOOL

11.

NO SCHOOL

18.

Scrambled eggs- Muffin
Hashbrown
Juice
Fruit
Milk

25.

Cereal bar
Yogurt
Juice
Fruit
Milk

5.

NO SCHOOL

12.

NO SCHOOL

19.

Chocolate chip cookies
Cheese string
Juice
Fruit
Milk

26.

Special Announcements

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☐ - School Breakfast Week Mar. 8-12



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
 National School Lunch Program and School Breakfast Program



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ECLIPSE EGGS



An eclipse happens when a planet or a moon gets in the way of the sun's light. On Earth, we can experience two kinds of eclipses: solar eclipses and lunar eclipses. A solar eclipse happens when the moon passes in front of the sun and casts its shadow on Earth, making it dark during the day. During a lunar eclipse, Earth gets in the way of the sun's light hitting the moon. That means that during a lunar eclipse, the moon will fade away from view as Earth's shadow covers it up.

CRACK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 8 5 14 5 7 7 19 20 5 12 12

10 15 11 5 19 , 1 18 5 20 8 5 25

3 1 12 12 5 4 25 15 12 11 19 ?

Answer: When eggs tell jokes, are they called yolks?

DID YOU KNOW?

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas foods. School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state.

Eggs, milk, lean meat, fruit, vegetables, and whole grains can all be part of a good breakfast and they're all produced right here in Texas. Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



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