



MARCH

2021

VISTA DEL FUTURO CHARTER SCHOOL



m

Chicken Sandwich
Lettuce/Tomato
Curly Fries
Fruit
Milk 1.

t

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

w

Cheese sticks
Marinara sauce
Peas
Fruit
Milk 3.

th

Beef Picadillo
Flour tortilla
Corn - Pinto beans
Fruit
Milk 4.

f

Home-Style Pizza
Cucumber
Baby Carrots
Fruit
Milk 5.

NO SCHOOL
8.

NO SCHOOL
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NO SCHOOL
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NO SCHOOL
18.

NO SCHOOL
19.

Nachos Supreme
Pinto beans
Corn
Fruit
Milk 22.

Sweet and sour chicken
Oriental Noodles
Broccoli
Fruit
Milk 23.

Corn dog
French fries
Mixed vegetables
Fruit
Milk 24.

Ham sandwich
Lettuce/ Tomato
Cheetos
Fruit
Milk 25.

Boneless Chicken
Mashed potatoes-Carrots
Muffin
Fruit
Milk 26.

Chicken Nuggets
French Fries
Macaroni and cheese
Fruit
Milk 29.

Meatball marinara sub
Green beans
Baked chips
Fruit
Milk 30.

Chicken Drumstick
Mashed Potatoes
Peas
Fruit
Milk 31.

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☐ - School Breakfast Week Mar. 8-12



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!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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www.SquareMeals.org