

APRIL

2021

VISTA DEL FUTURO CHARTER SCHOOL



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NO SCHOOL

1.

NO SCHOOL

2.

Assorted cereal
Cookies
Juice
Fruit
Milk

5.

Waffles w syrup
Juice
Fruit
Milk

6.

Cereal bar
Yogurt
Juice
Fruit
Milk

7.

Scrambled eggs - biscuit
Bacon
Juice
Fruit
Milk

8.

Chocolate chip cookies
Cheese string
Juice
Fruit
Milk

9.

Assorted cereal
Corn bread
Juice
Fruit
Milk

12.

Cinnamon sugar donut
Juice
Fruit
Milk

13.

Concha Bread
Juice
Fruit
Milk

14.

Egg sausage biscuit
Sandwich
Juice
Fruit
Milk

15.

Pancakes w syrup
Juice
Fruit
Milk

16.

Assorted cereal
Cookies
Juice
Fruit
Milk

19.

Breakfast corndog
Syrup
Juice
Fruit
Milk

20.

French toast w syrup
Juice
Fruit
Milk

21.

Potatoes w Cheese
Bread
Juice
Fruit
Milk

22.

Assorted cereal
Muffin
Juice
Fruit
Milk

23.

Assorted cereal
Banana bread
Juice
Fruit
Milk

26.

Poptarts
Juice
Fruit
Milk

27.

Breakfast pizza
Juice
Fruit
Milk

28.

Scrambled eggs - biscuit
Bacon
Juice
Fruit
Milk

29.

Mini Donuts
Juice
Fruit
Milk

30.

Art Contest Deadline Apr. 2



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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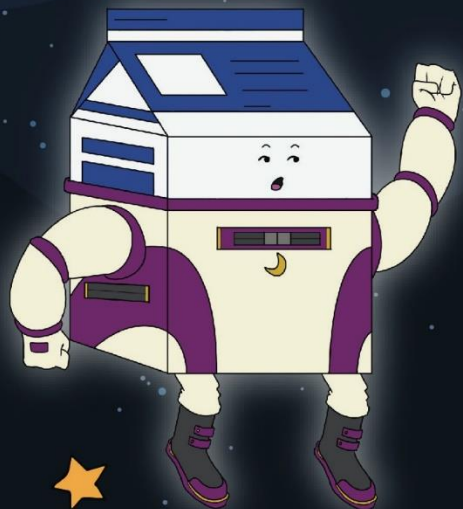
Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org

MOON MILK

The moon is more than 200,000 miles away from the Earth. At this distance it takes about three full days for astronauts to travel from the Earth's surface to land on the moon. Because it is Earth's closest neighbor, we have been able to gain more knowledge about it than any other body in the Solar System besides the Earth. The moon is also the brightest object in the night sky. Today, astronomers know that the moon is slowly moving away from the Earth. But at the rate it is traveling, about 1.5 inches per year, it will be lighting up our night sky for a long time.



WORD SEARCH

A	G	Z	J	N	W	L	A
C	A	B	L	X	K	J	C
A	Z	T	D	C	D	R	A
L	T	E	X	A	S	D	L
C	S	Q	B	D	I	E	V
I	B	D	A	I	F	R	I
U	G	W	O	C	G	E	Y
M	I	L	K	T	V	H	N

DID YOU KNOW?

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

Dairy products help build strong bones so you can grow up healthy. Three daily servings of dairy products are recommended for school age children. Some sources of dairy include milk, cheese, and yogurt.



COW MILK
CALCIUM TEXAS
DAIRY

