

# APRIL

2021

## VISTA DEL FUTURO CHARTER SCHOOL



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NO SCHOOL

NO SCHOOL

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**Chicken Tenders**  
**Mashed potatoes**  
**Macaroni and cheese**  
Fruit  
Milk 5.

**Meatloaf**  
**Carrots-Dinner roll**  
**Green beans**  
Fruit  
Milk 6.

**Chicken sandwich**  
**Lettuce/Tomato**  
**Curly Fries**  
Fruit  
Milk 7.

**Nachos**  
**Pinto beans**  
Corn  
Fruit  
Milk 8.

**Home-Style Pizza**  
**Mixed Vegetables**  
**Baby Carrots**  
Fruit  
Milk 9.

**Chicken Mandarin**  
**Oriental Noodles**  
Broccoli  
Fruit  
Milk 12.

**Hot-Dogs**  
**Curly fries**  
**Pinto Beans**  
Fruit  
Milk 13.

**Chicken Nuggets**  
**Corn on the cob -Carrots**  
**Rice krispies treat**  
Fruit  
Milk 14.

**Spaghetti with meat sauce**  
**Broccoli-mixed vegetables**  
**Bread Stick**  
Fruit  
Milk 15.

**Cheese sticks**  
**Marinara sauce**  
Peas  
Fruit  
Milk 16.

**Chicken Teriyaki**  
**Fried rice**  
**Broccoli**  
Fruit  
Milk 19.

**Cheeseburger**  
**Lettuce/Tomato**  
**French Fries**  
Fruit  
Milk 20.

**Chicken Bites**  
**Mashed potatoes-peas**  
**Cookies**  
Fruit  
Milk 21.

**Beef Tacos**  
**Lettuce-Tomato-Beans**  
**Muffin**  
Fruit  
Milk 22.

**Home-Style Pizza**  
**Cucumber**  
**Baby Carrots**  
Fruit  
Milk 23.

**Doritos Nachos Supreme**  
**Corn- Pinto beans**  
**Cookies**  
Fruit  
Milk 26.

**Popcorn chicken**  
**Mashed potatoes-Green beans**  
**Dinner roll**  
Fruit  
Milk 27.

**Corn- Dogs**  
**Potato wedges**  
**Carrots**  
Fruit  
Milk 28.

**Bean cheese tostadas**  
**Green salad- tomato**  
Fruit  
Milk 29.

**Home-Style Pizza**  
**Italian salad**  
**Baby Carrots**  
Fruit  
Milk 30.

Art Contest Deadline Apr. 2



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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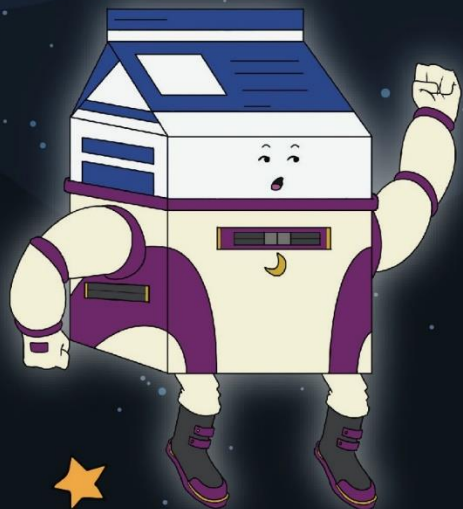
Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



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  
CALCIUM  
DAIRY

MILK  
TEXAS

