



# MAY

2021

## VISTA DEL FUTURO CHARTER SCHOOL



**Assorted cereal**  
**Cookies**  
**Juice**  
**Fruit**  
**Milk** 3.

**Waffles w syrup**  
**Juice**  
**Fruit**  
**Milk** 4.

**Cereal bar**  
**Yogurt**  
**Juice**  
**Fruit**  
**Milk** 5.

**Scrambled eggs - Biscuit**  
**Bacon**  
**Juice**  
**Fruit**  
**Milk** 6.

**Chocolate chip cookies**  
**Cheese String**  
**Juice**  
**Fruit**  
**Milk** 7.

**Assorted cereal**  
**Corn bread**  
**Juice**  
**Fruit**  
**Milk** 10.

**Cinnamon sugar donut**  
**Juice**  
**Fruit**  
**Milk** 11.

**Concha Bread**  
**Juice**  
**Fruit**  
**Milk** 12.

**Egg sausage biscuit**  
**Sandwich**  
**Juice**  
**Fruit**  
**Milk** 13.

**Pancakes w syrup**  
**Juice**  
**Fruit**  
**Milk** 14.

**Assorted cereal**  
**Cookies**  
**Juice**  
**Fruit**  
**Milk** 17.

**Mini Donuts**  
**Juice**  
**Fruit**  
**Milk** 18.

**French toast w syrup**  
**Juice**  
**Fruit**  
**Milk** 19.

**Potatoes w Cheese**  
**Bread**  
**Juice**  
**Fruit**  
**Milk** 20.

**Assorted cereal**  
**Muffin**  
**Juice**  
**Fruit**  
**Milk** 21.

**Assorted cereal**  
**Banana bread**  
**Juice**  
**Fruit**  
**Milk** 24.

**Bean Burrito**  
**Juice**  
**Fruit**  
**Juice** 25.

**Breakfast pizza**  
**Juice**  
**Fruit**  
**Milk** 26.

**Scrambled eggs - Biscuit**  
**Bacon**  
**Juice**  
**Fruit**  
**Milk** 27.

**Assorted cereal**  
**Cookies**  
**Juice**  
**Fruit**  
**Milk** 28.

**NO SCHOOL** 31.

**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.



# BERRY BLAST OFF

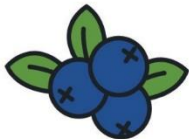


The first space shuttle test flight took place in 1981 and the last shuttle launched in 2011. Over 30 years there were a total of 135 missions that all launched from the Kennedy Space Center in Florida. Scientists and engineers in Texas provided ground support for all the space shuttle missions. NASA retired the space shuttle fleet to make way for a new exploration program aimed at sending astronauts on deep space missions to an asteroid and, eventually, Mars.

## NUMBER MATCH



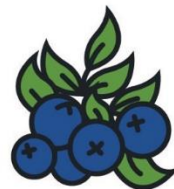
1



5



6



3



## DID YOU KNOW?

Blueberries are plump, juicy and sweet berries that grow in Texas. They grow on a bush that can get up to 12 feet tall. Blueberries are pale greenish at first, then reddish-purple, and finally, dark purple when ripe, but they turn red-purple when cooked.

Blueberries are a very good source of vitamin K, vitamin C and manganese. Blueberries are also a good source of fiber. Fiber is a carbohydrate that promotes digestive health. Blueberries are good for making pancakes, muffins, and many other foods.



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)