



MAY

2021

VISTA DEL FUTURO CHARTER SCHOOL



m

Chicken Tenders
Mashed potatoes
Macaroni and cheese
Fruit
Milk

3.

t

Meatloaf
Carrots-Muffin
Green beans
Fruit
Milk

4.

w

Chicken sandwich
Lettuce/Tomato
Curly Fries
Fruit
Milk

5.

th

Nachos
Pinto beans
Corn
Fruit
Milk

6.

f

Home-Style Pizza
Green Salad
Baby Carrots
Fruit
Milk

7.

Chicken Mandarin
Fried Rice
Broccoli
Fruit
Milk

10.

Hot-Dogs
Curly fries
Pinto Beans
Fruit
Milk

11.

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

12.

Spaghetti with Meat Sauce
Green beans
Bread Stick
Fruit
Milk

13.

Cheese sticks
Marinara sauce
Peas
Fruit
Milk

14.

Cheeseburger
Lettuce/Tomato
French Fries
Fruit
Milk

17.

Twisted cheese sticks
Marinara Sauce
Peas
Fruit
Milk

18.

Chicken Bites
Mashed potatoes-peas
Cookies
Fruit
Milk

19.

Beef Tacos
Lettuce-Tomato-Beans
Muffin
Fruit
Milk

20.

Home-Style Pizza
Cucumber
Baby Carrots
Fruit
Milk

21.

Chicken Teriyaki
Noodles
Broccoli
Fruit
Milk

24.

Doritos Nachos Supreme
Corn- Pinto beans
Cookies
Fruit
Milk

25.

Corn- Dogs
Potato wedges
Carrots
Fruit
Milk

26.

Bean cheese tostadas
Lettuce - tomato
Fruit
Milk

27.

Home-Style Pizza
Italian salad
Baby Carrots
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.

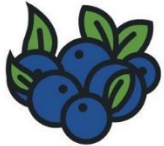


BERRY BLAST OFF

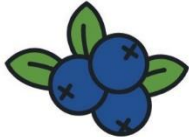


The first space shuttle test flight took place in 1981 and the last shuttle launched in 2011. Over 30 years there were a total of 135 missions that all launched from the Kennedy Space Center in Florida. Scientists and engineers in Texas provided ground support for all the space shuttle missions. NASA 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