

JUNE

2021

VISTA DEL FUTURO CHARTER SCHOOL- LUNCH



<p>m</p>	<p>t</p> <p>Chicken Drumstick Mashed potatoes Macaroni and cheese Fruit Milk 1.</p>	<p>w</p> <p>Meatloaf Carrots-Muffin Green beans Fruit Milk 2.</p>	<p>th</p> <p>Chicken sandwich Lettuce/Tomato Curly Fries Fruit Milk 3.</p>	<p>f</p> <p>Nachos Pinto beans Corn Fruit Milk 4.</p>
<p>7.</p> <p>Chicken Mandarin Fried Rice Broccoli Fruit Milk</p>	<p>8.</p> <p>Hot-Dogs Curly fries Pinto Beans Fruit Milk</p>	<p>9.</p> <p>Chicken Nuggets Corn on the cob -Carrots Rice krispies treat Fruit Milk</p>	<p>10.</p> <p>Spaghetti with Meat Sauce Green beans Bread Stick Fruit Milk</p>	<p>11.</p> <p>Cheese sticks Marinara sauce Peas Fruit Milk</p>
<p>14.</p> <p>Cheeseburger Lettuce/Tomato French Fries Fruit Milk</p>	<p>15.</p> <p>Home-Style Pizza Green Salad Baby Carrots Fruit Milk</p>	<p>16.</p> <p>Corn- Dogs Potato wedges Carrots Fruit Milk</p>	<p>17.</p> <p>NO SCHOOL</p>	<p>18.</p> <p>NO SCHOOL</p>
<p>21.</p> <p>SUMMER</p>	<p>22.</p> <p>SUMMER</p>	<p>23.</p> <p>SUMMER</p>	<p>24.</p> <p>SUMMER</p>	<p>25.</p> <p>SUMMER</p>
<p>28.</p> <p>SUMMER</p>	<p>29.</p> <p>SUMMER</p>	<p>30.</p> <p>SUMMER</p>	<p>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.</p>	

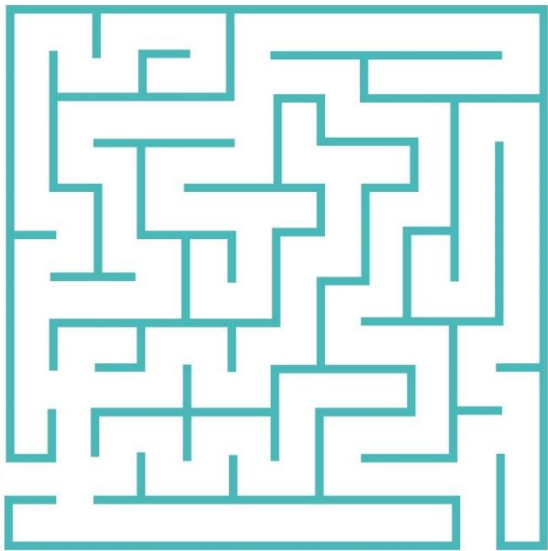




INTERNATIONAL SPACE STATION PORK

Astronauts first arrived at the International Space Station in November 2000. More than 230 astronauts from 19 different countries have spent time in the space station since then. They conduct research in the zero-gravity environment. The astronauts live and work in an area larger than a six-bedroom house. The space station orbits the earth at height of about 250 miles and completely circles the earth about 16 times a day. The solar panel array that powers it is so big that sometimes you can look up and see the space station moving across the sky at dawn or dusk.

MARTIAN MAZE



DID YOU KNOW?

Pork is a protein food that is used in many recipes like pork chops, pulled pork tacos, and jambalaya.

Did you know that pork is an excellent source of nutrients such as protein, thiamin, niacin, vitamin B-6, and phosphorus? It is also a good source of potassium, zinc, and riboflavin.



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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