

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar

**GOOD
EATS AT**

ELEMENTARY
BREAKFAST

**SPECIAL
ANNOUNCEMENTS**

ELEMENTARY BREAKFAST;

Student prices breakfast \$2.25 reduced
\$.30

lunch \$3.00 reduced \$.40

FRESH FRUIT IS OFFERD DAILY:
FRUIT JUICE
1% WHITE MILK
FAT FREE CHOCOLATE MILK



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

M

T

W

TH

F

NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

6

NO SCHOOL

7

**BREAKFAST
PIZZA
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

8

**CINNAMON
ROLLS
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

9

**BREAKFAST ON
A STICK
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

10

**DONUT HOLES
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

13

**BREAKFAST
SANDWICH
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

14

**BREAKFAST
PIZZA
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

15

**SCRAMBLED
EGGS
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

16

**FRENCH TOAST
STICKS
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

17

NO SCHOOL

20

**MUFFINS
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

21

**BREAKFAST
PIZZA
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

22

**PANCAKES
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

23

**DONUT HOLES
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

24

**BREAKFAST
PIZZA
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

27

**BREAKFAST
SANDWICH
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

28

**BREAKFAST
PIZZA
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

29

**CINNAMON
ROLLS
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

30

**BREAKFAST
BAR
OR
CEREAL/TOAST
FRUIT JUICE
MILK**

31



PASCAL Pig

Pascal the pig may be stout but he is strong! Pascal was born without a tail so the veterinarian made him a mechanical tail out of a spring. Pascal uses his super spring tail to jump super high!



WHAT TO KNOW

Pork is a protein food that is used in many recipes like ham sandwiches, 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.



JOKE OF THE MONTH

Q: Why should you never tell a pig a secret?

A: Because they love to squeal!

POWER HIGH JUMP

PASCAL'S FAVORITE ACTIVITY Jump Rope



MAD LIB!

BECOMING PART OF THE SUPER SQUAD!

Pascal Pig was not always a _____ who spent his time educating kids about
eating healthy and dodging evil _____. He was once a normal, average
_____. He had a _____ life growing up on the farms of Texas. Now
he spends his time doing _____ and traveling around Texas in his _____
to help kids learn about eating right so they can become Healthy Heroes too!

