

I'm  
**PASCAL THE  
PIG**

# JANUARY

**2020**

TDA's January 2020 Menu Calendar

**GOOD  
EATS AT**

**ELEMENTARY  
LUNCH**

**SPECIAL  
ANNOUNCEMENTS**

Student prices;  
Breakfast \$2.25 reduced \$.30  
Lunch \$3.00 reduced \$.40

Fresh fruit is offered daily!  
1% white milk  
fat free chocolate milk

Baked potatoes are offered on Tuesday & Thursday

Chef salads on Mondays, Wednesdays & Fridays



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

6

NO SCHOOL

7

NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL

3

PIZZA  
STEAMED  
BROCCOLI  
BABY CARROTS  
SLICED PEACHES

13

CHICKEN &  
WAFFLES  
GREEN PEAS  
GARDEN SALAD  
MIX FRUIT

14

PIZZA  
GOLDEN CORN  
STEAMED  
BROCCOLI  
SLICED PEACHES

8

MINI CORN DOGS  
GLAZED CARROTS  
BAKED BEANS  
BLUEBERRIES

9

CHICKEN  
NUGGETS  
POTATO SMILES  
VEGGIE CUP  
TRAIL MIX

10

NO SCHOOL

20

MINI CORN DOGS  
GLAZED CARROTS  
BAKED BEANS  
BLUEBERRIES

21

GRILLED CHEESE  
SANDWICH  
CHIPS  
VEGGIE CUP  
FRUTY JELLO

15

CRUNCHY  
TACOS  
PINTO BEANS  
TOSSED SALAD  
APPLESAUCE

16

POPCORN  
CHCKEN  
POTATO SMILES  
VEGGIE CUP  
CRAISINS

17

CHICKEN NUGGETS  
ROLL  
MASHED  
POTATOES  
STEAMED  
BROCCOLI  
APPLESAUCE

27

PIZZA  
GOLDEN CORN  
STEAMED  
BROCCOLI  
SLICED PEACHES

28

SPAGHETTIE  
W/MEATSAUCE  
GARDEN SALAD  
MIX VEGGIES  
BLUEBERRIES

29

PORK TACOS  
REFRIED BEANS  
TOSSED SALAD  
CINNAMON  
APPLES

30

HAMBURGER  
CHIPS  
SALAD CUP  
CUCUMBER  
SLICES W/RANCH  
TRAIL MIX

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!

