

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar



**GOOD
EATS AT**

MAY ISD

**SPECIAL
ANNOUNCEMENTS**

Lunch Menu K-6 Regular Price: \$2.75 7- 12 Regular Price: \$3.00 K-12 Reduced Price: \$0.40 Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal. Menu is subject to change due to deliveries. Salad served Daily



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

M **T** **W** **TH** **F**

CHRISTMAS BREAK 6	CHRISTMAS BREAK 7	CHRISTMAS BREAK 1	CHRISTMAS BREAK 2	CHRISTMAS BREAK 3
CHRISTMAS BREAK 6	King Ranch Chicken Ranch Beans Carrots Fruit Milk/Juice	Grilled Cheese Vegetable Soup Chips Celery/PB Fruit Milk/Juice	Chicken Quesadilla Refried Beans Spanish Rice Carrots Fruit Milk/Juice	Cheese Burgers Tater Tots Corn Broccoli Fruit Milk/Juice
Turkey Cheese Subs Chips Cooked Carrots Fruit Milk/Juice	Taco's Refried Beans Spanish Rice Fruit Milk/Juice	Fish Sticks Macaroni Cheese Coleslaw Carrots Fruit Milk/Juice	Chicken Nuggets French Fries Corn Rolls Fruit Milk/Juice	BBQ on Bun Chips Baked Beans Broccoli Fruit Milk/Juice
Corn Dogs French Fries Peas Carrots Fruit Milk/Juice	Fajita's Refried Beans Spanish Rice Celery/PB Fruit Milk/Juice	Chicken Strips Mashed Potato Green Beans Rolls Fruit Milk/Juice	Pizza Corn Veggie Sticks Fruit Milk/Juice	Grilled Chicken Sub Ranch Beans Chips Broccoli Fruit Milk/Juice
No School 27	Spaghetti Meatballs Green Beans Garlic Bread Fruit Milk/Juice	Orange Chicken Fried Rice Egg Rolls Carrots Fruit Milk/Juice	Steak Fingers Potato Wedges Peas Broccoli Rolls Fruit Milk/Juice	Frito Pie Peas Celery/PB Fruit Milk/Juice



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!

