

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar



M

T

W

TH

F

Winter Holiday

Winter Holiday

Winter Holiday

1

2

3

B-Pancake & Turkey Sausage, syrup, Baked Apples, Milk
L-BBQ Chicken on Bun, Peaches, ranch Broccoli, Milk
S-Animal Crackers **6**

B-Cornchex Cereal, Toast, Oranges, Milk
L-Chicken Fajita, Black Beans, Pineapple, Milk
S-Banana **7**

B-Boiled Egg, Toast, Apple, Milk
L-Toasted Cheese, Green Beans, Oranges, Milk
S-Cheese Stick/Crkr **8**

B-Cheerios Cereal, Toast, Banana, Milk
L-Hamburger on bun, Potato Puffs, catsup, Apricots, Milk
S-Graham Crackers **9**

B-Biscuit & Turkey Sausage, Apple, Milk
L-Fish Shapes, Sweet Potato Fry, ketchup, Pears, Milk
S-Yogurt **10**

B-Cheerios Cereal, Toast, Oranges, Milk
L- Grilled Chicken Nuggets, Green Beans, Pears, Roll, Milk
S-Cheese Nips **13**

B-French Toast & Turkey Sausage syrup
Baked Apples, Milk
L- Turkey Taco Burger, Pinto Beans, Pineapple, Milk, S-Oranges **14**

B-Kix Cereal, Toast, Banana, Milk
L- Meatloaf, Corn, Mixed Fruit, Roll, Milk
S-Broccoli w/ranch **15**

B-Egg Omelet, Toast, Apple, Milk
L-Beef Rotini, Spinach, Applesauce, Roll, Milk
S- Goldfish **16**

B-Toast & Turkey Sausage, Oranges Milk
L-Hamburger on bun, Sweet Potato Fry, Apple, Milk S-Yogurt **17**

MLK Day
Callier Closed **20**

B-Kix Cereal, Toast, Oranges, Milk
L-Grilled Chicken Nuggets, Corn, Mixed Fruit, Roll, ketchup, Milk
S-Apples **21**

B- Pancake & Turkey Sausage, syrup, Applesauce, Milk
L-Beef Spaghetti, Carrots, Pears, Bread Milk S-Teddy Cubs **22**

B-Cheerios Cereal, Toast, Banana, Milk
L-Chicken Fajita, Pinto Beans, Pineapple, Milk
S-Cucumber slices **23**

B-Cinnamon Toast, Apple, Milk
L-Turkey & Cheese sub, Green Beans, Pears, Milk
S-Chex Mix Chdr **24**

B-Turkey Sausage, Toast, A-Sauce, Milk
L- Cheese Pizza, Romaine & Tomato, ranch, Peaches, Milk
S-Cheese sticks/Crkr **27**

B- Cheerios Cereal, Toast, Oranges, Milk
L-Sweet & Sour Chicken, Rice, Green Beans, Pineapple, Milk S-Banana **28**

B-Biscuit & Turkey Sausage, Mango, Milk
L-Beef Spaghetti, Carrots, Pears, Wheat Bread, Milk
S-Animal Crackers **29**

B-Cornchex Cereal, Toast, Banana, Milk
L-BBQ Chopped Chicken Sandwich, Pinto Beans, Mixed Fruit, Milk S-Yogurt **30**

B-French Toast & Turkey Sausage, Baked Apples, Milk
L-Toasted Cheese, Corn, Mixed Fruit, Milk S- Cauliflower **31**

GOOD EATS AT

100 % Whole Grain Products Served
Real Butter and Jelly served w/Breakfast Grains
Milk Choices: Whole, Skim, 1%
All Canned Fruit is in Light syrup
All Vegetables are Steamed

SPECIAL ANNOUNCEMENTS

Vegetarian Options:
06, 30-Veg Nuggets w/BBQ Sauce
07, 23-Cheese Quesadilla
09, 17-Garden Burger
10, 13,21- Veggie Nuggets
15-Veggie Patty
16,22-Veggie Rotini/Spaghetti
24- Toasted Cheese
28-Sweet & Sour Veggie Nuggets



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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



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!

noun
plural noun
noun
adjective
activity
noun

