## TDA’s January 2020 Menu Calendar

### Whole Grain Products Served
- 100% Whole Grain

### Real Butter and Jelly
- Served with breakfast grains

### Milk Choices
- Whole, Skim, 1%

### All Canned Fruit
- In light syrup

### All Vegetables
- Steamed

### 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

### Winter Holiday

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<tr>
<td>B-Pancake &amp; Turkey Sausage, syrup, Baked Apples, Milk L-BBQ Chicken on Bun, Peaches, ranch Broccoli, Milk S-Animal Crackers</td>
<td>B-Cornchex Cereal, Toast, Oranges, Milk L-Chicken Fajita, Black Beans, Pineapple, Milk S-Banana</td>
<td>B-Boiled Egg, Toast, Apple, Milk L-Toasted Cheese, Green Beans, Oranges, Milk S-Cheese Stick/Ckr</td>
<td>B-Cheerios Cereal, Toast, Banana, Milk L-Hamburger on bun, Potato Puffs, catsup, Apricots, Milk S-Graham Crackers</td>
<td>B-Biscuit &amp; Turkey Sausage, Apple, Milk L-Fish Shapes, Sweet Potato Fry, ketchup, Pears, Milk S-Yogurt</td>
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<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk L-Grilled Chicken Nuggets, Green Beans, Pears, Roll, Milk S-Cheese Nips</td>
<td>B-French Toast &amp; Turkey Sausage syrup Baked Apples, Milk L-Turkey Taco Burger, Pinto Beans, Pineapple, Milk S-Oranges</td>
<td>B-Kix Cereal, Toast, Banana, Milk L-Meatloaf, Corn, Mixed Fruit, Roll, Milk S-Broccoli w/ranch</td>
<td>B-Toast &amp; Turkey Sausage, Oranges Milk L-Hamburger on bun, Sweet Potato Fry, Apple, Milk S-Yogurt</td>
<td>MLK Day Callier Closed</td>
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<td>B-Turkey Sausage, Toast, A-Sauce, Milk L-Cheese Pizza, Romaine &amp; Tomato, ranch, Peaches, Milk S-Cheese sticks/Crkr</td>
<td>B-Kix Cereal, Toast, Oranges, Milk L-Grilled Chicken Nuggets, Corn, Mixed Fruit, Roll, ketchup, Milk S-Apples</td>
<td>B-Pancake &amp; Turkey Sausage, syrup, Baked Apples, Milk L-Chicken Fajita, Pinto Beans, Pineapple, Milk S-Cucumber slices</td>
<td>B-Cinnamon Toast, Apple, Milk L-Turkey &amp; Cheese sub, Green Beans, Pears, Milk S-Chex Mix Chdr</td>
<td>B-Cornchex Cereal, Toast, Oranges, Milk L-Grilled Chicken Nuggets, Green Beans, Pineapple, Milk S-Banana</td>
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<tr>
<td>B-Cheerios Cereal, Toast, Oranges, Milk L-Sweet &amp; Sour Chicken, Rice, Green Beans, Pineapple, Milk</td>
<td>B-Biscuit &amp; Turkey Sausage, Mango, Milk L-Beef Spaghetti, Carrots, Pears, Bread Milk S-Teddy Cubs</td>
<td>B-Cheersiers Cereal, Toast, Banana, Milk L-Chicken Fajita, Pinto Beans, Pineapple, Milk S-Cucumber slices</td>
<td>B-Biscuit &amp; Turkey Sausage, Apple, Milk L-Fish Shapes, Sweet Potato Fry, ketchup, Pears, Milk S-Yogurt</td>
<td>B-French Toast &amp; Turkey Sausage, Baked Apples, Milk L-Toasted Cheese, Corn, Mixed Fruit, Milk S-Cauliflower</td>
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### 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

### 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

### Texas Department of Agriculture

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

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!

PASCAL’S FAVORITE ACTIVITY

Jump Rope