

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar

**GOOD
EATS AT**

Breakfast

Menu Items are
subject to change
based on costs and
availability

SPECIAL ANNOUNCEMENTS

Students with Food Allergies **MUST**
have doctors documentation
provided to nurse and kitchen staff

- > Dairy
- < Egg
- * Gluten
- + Mushroom
- ~ Corn
- ^ Pineapple

Questions? Contact

kimberlywilson@austin.utexas.edu



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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



Banana
Bread<>*
Apple
Milk

6



1



2



3

Biscuit>* with
Sausage
Pear
Milk

8

Pancake<>*
Turkey Bacon
Orange
Milk
Syrup

9

Egg< with
Cheese>
Breakfast
Muffin*
Assorted Fruit
Milk

10

Chocolate Chip
Bread>*
Apple
Milk

13

Cinnamon Apple
bread<>*
Grapefruit
Dried Fruit
Milk

14

Chicken Biscuit>*
Pear
Milk

15

Blueberry Pancake
<>*
Turkey Bacon
Orange
Milk
Syrup

16

Breakfast
Taco<>*
Assorted Fruit
Milk

17

No School ☺

20

Breakfast
Taquito <>*
Apple
Milk

21

Biscuit<>* with
Scrambled Eggs
Pear
Milk

22

Cinnamon
Pancake<>*
Turkey Bacon
Orange
Milk
Syrup

23

Grits "your way"
sweet or savory
Mixed Fruit
Milk

24

Breakfast
Frittata<> with
Toast
Apple
Milk

27

Cinna'Bagel
Sunshine Fruit
Mix
Milk

28

Biscuit<>* with
Sausage
Pear
Milk

29

Pancake<>*
Turkey Bacon
Orange
Milk
Syrup

30

Egg< with
Cheese>
Breakfast
Muffin*
Assorted Fruit
Milk

31



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



Chili Pie
Cornbread<>*
Sweet Potatoes
Pear
Milk



Beef Sloppy
Joe*
Broccoli Florets
Milk



Orange Chicken
Rice
Asian Salad
Corn
Orange
Milk



Cheese Pizza>*
Garden Salad
Mixed Fruit
Milk

Beef Lasagna
Bake*>
Cauliflower
Pear
Milk

Bean & Cheese
Taquito*>
Spanish Rice
Corn and Peas
Orange
Milk

Sweet-N-Sour
Chicken
Chow Mein*
Broccoli Floret
Apple
Milk

BBQ Pork
Sandwich*
Coleslaw
Fiesta Beans
Banana
Milk

Beef & Garlic Herb
Italian Flatbread
Garden Caesar>
Salad
Mixed Fruit
Milk

No School ☺

Carne Guisada
con Papas Taco*
Charro Beans
Apple
Milk

Beef Hamburger*
Lettuce and
Tomato
Mashed Potatoes>
Orange
Milk

Chick'Penne*>
Carrot Coins
Grapes
Milk

Cheese Pizza*>
Chef Salad with
Ranch Dressing>
Mixed Fruit
Milk

Fish sticks*
Mac-N-Cheese*>
Broccoli with
Carrots
Pear
Milk

Chicken Taco*
Lettuce and Pico de
Gallo
BBQ beans
Apple
Milk

Beef Fried Rice
Corn
Orange
Milk

Lemon Pepper
Chicken Breast
Wheat Roll
Capri Veggie Mix
Grapes
Milk

Cheese Pizza*>
Cowboy Caviar
Salad
Mixed Fruit
Milk

**GOOD
EATS AT**

Lunch

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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!

