

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar



**GOOD
EATS AT**

**HAPPY
NEW
YEAR**

**SPECIAL
ANNOUNCEMENTS**

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M	T	W	TH	F
NO SCHOOL 6	NO SCHOOL 1	NO SCHOOL 2	NO SCHOOL 3	
HAMBURGER/ CHEESEBURGER w/garnish, FRIES, ZESTY CUCUMBERS, STRAWBERRIES, MILK 13	NACHOS GRANDE, REFRIED BEANS, SALSA, SALAD, TINY TOMATO CUP, CUCUMBER SLICES, PEACHES, ICE CREAM CUP, MILK 7	CRISPY CHICKEN SANDWICH w/garnish, FRIES, FRESH VEGGIE CUP, FRUITY JELLO, MILK 8	HAMBURGER STEAK, BROWN GRAVY, ROASTED POTATOES, BROCCOLI SALAD, MANDARIN ORANGES, MILK 9	PIZZA, BABY CARROTS, SALAD, APPLES, COOKIE, MILK 10
HAMBURGER/ CHEESEBURGER w/garnish, FRIES, ZESTY CUCUMBERS, STRAWBERRIES, MILK 13	TEX-MEX STACK, CHARRO BEANS, BABY CARROTS, SALSA, SALAD, HOT CINNAMON APPLESAUCE, SHERBET, MILK 14	BREADED PORK CHOP, MASHED POTATOES, BROWN GRAVY, GREEN BEANS, ROLL, PEACHES, MILK 15	COUNTRY POT PIE, VEGGIE CUP, SNOWBALL SALAD, MILK 16	CHEESY BREADSTICKS, w/marinara sauce, TUSCAN VEGGIES, SALAD, APPLES, COOKIE 17
NO SCHOOL 20	MEATBALL SUB SANDWICH, TATER TOTS, VEGGIE CUP, STRAWBERRIES, MILK 21	CHICKEN NUGGETS, MAC&CHEESE, GREEN BEANS, SALAD, GRAPES, MILK 22	GRILLED CHEESE, SANDWICH, CHIPS, TOMATO SOUP, CORN, FRUITY JELLO, MILK 23	DEEP DISH PIZZA, CUCUMBER SLICES, BABY CARROTS, APPLES, BROWNIE, MILK 24
BREADED DRUMSTICKS, BISCUIT, GLAZED CARROTS, CORN, GRAPES, MILK 27	FRITO PIE, VEGGIE CUP, REFRIED BEANS, SALSA, SALAD, ORANGE SMILES, MILK 28	CHICKEN TENDERS, FRENCH FRIES, BROCCOLI, ROLL, PEARS, COOKIE, MILK 29	HAMBURGER/ CHEESEBURGER w/garnish, TATER TOTS, BABY CARROTS, SNOWBALL SALAD, MILK 30	PIZZA, GREEN BEANS, SALAD, PINEAPPLE, COOKIE, RICE CRISPY TREAT, MILK 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!

