

I'm  
**PASCAL THE  
PIG**

# JANUARY

**2020**

TDA's January 2020 Menu Calendar



**M**

**T**

**W**

**TH**

**F**

No School  
1

No School  
2

No School  
3

Breakfast:  
Breakfast Pizza  
Lunch:  
Taqitos  
6

Breakfast:  
French Toast &  
Sausage  
Lunch:  
Chicken Nuggets  
7

Breakfast:  
Power Breakfast  
Lunch:  
Meatball Subs  
8

Breakfast:  
Pancake Wrap  
Lunch:  
Cheese Pizza  
9

No School  
10

Breakfast:  
Kolache & Yogurt  
Lunch:  
Steak Fingers  
13

Breakfast:  
Cheese Omelet  
Lunch:  
Boneless Chicken  
Wings  
14

Breakfast:  
Waffles & Sausage  
Lunch:  
French Bread Pizza  
15

Breakfast:  
Breakfast Pizza  
Lunch:  
Quesadilla  
16

Breakfast:  
French Toast &  
Sausage  
Lunch:  
Popcorn Chicken  
17

Breakfast:  
Waffles  
Lunch:  
Mini Corn Dogs/  
Corn Dogs  
20

Breakfast:  
Breakfast Pizza  
Lunch:  
Xtreme Burrito  
21

Breakfast:  
Power Breakfast  
Lunch:  
Nacho Grande  
22

Breakfast:  
Cheesy Toast  
Lunch:  
Hamburger Steak  
23

Breakfast:  
Sausage, Egg, &  
Cheese Biscuit  
Lunch:  
Pepperoni Pizza  
24

Breakfast:  
Biscuit & Sausage  
Lunch:  
Hot Dogs  
27

Breakfast:  
Breakfast Burrito  
Lunch:  
Chicken Nuggets  
28

Breakfast:  
Chicken & Waffles  
Lunch:  
Tacos  
29

Breakfast:  
Pancakes & Sausage  
Lunch:  
Chicken Parmesan  
30

Breakfast:  
French Toast  
Lunch:  
Cheeseburger  
31

**GOOD  
EATS AT**

Prices:  
Breakfast:  
Students: Free  
Adults: \$2.75  
Lunch  
Students: \$2.75  
Reduced \$0.40  
Adults: \$4.00

**SPECIAL  
ANNOUNCEMENTS**

**Breakfast Includes:**  
Fruit, juice and /or milk  
**Lunch Includes:**  
Choice of vegetables,  
fruits, and milk



## 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!

