

I'm  
**PASCAL THE  
PIG**

# JANUARY

**2020**

TDA's January 2020 Menu Calendar

**GOOD  
EATS AT**

*TERRELL  
FURLOUGH  
LUNCH*

**SPECIAL  
ANNOUNCEMENTS**

SERVED DAILY:  
FRESH MADE SALADS  
CHOICE OF FRESH & CANNED FRUITS  
CHOICE OF MILK

SERVED DAILY:  
1% WHITE MILK, NON-FAT CHOCOLATE MILK,  
NON-FAT STRAWBERRY MILK  
FRESH SEASONAL FRUIT, CHILLED CANNED  
FRUIT

CONDIMENTS TO COMPLIMENT  
THE MEAL



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

**M**

**T**

**W**

**TH**

**F**

**HOLIDAY**

6

**TURKEY &  
CHEESE SUB  
NACHO CHEESE  
CHIPS**

7

**HOLIDAY**

1

**HOLIDAY**

2

**HOLIDAY**

3

**CHICKEN TORTILLA  
SOUP  
TORTILLA CHIPS  
BROCCOLI  
HAM & CHEESE  
SUB**

8

**CHICKEN NUGGETS  
W/ROLL  
STEAK FINGERS  
TURKEY & CHEESE SUB  
MASHED POTATOES  
GRAVY  
MIXED VEGETABLE**

9

**CHEESE PIZZA  
PEPPERONI PIZZA  
HAM & CHEESE  
SUB  
BROCCOLI &  
CHEESE**

10

**CHICKEN STRIPS  
w/TIGER SAUCE  
PIZZA STIX  
MASHED POTATOES  
GRAVY  
SEASONED GREEN  
BEANS**

13

**BEEF  
ENCHILADES  
CORN DOG  
BLACK BEANS  
CORN**

14

**SPAGHETTI W/MEAT  
SAUCE  
CHICKEN PARMESAN  
SANDWICH  
PEAS & CARROTS  
ITALIAN GREEN BEANS**

15

**CHICKEN NUGGETS  
ROLL  
HAM & CHEESE SUB  
ORIENTAL FRIED RICE  
VEGETABLE STIR FRY  
OVEN BAKED CHIPS**

16

**CHEESE PIZZA  
BIG DADDY  
MEAT PIZZA  
FISH SANDWICH  
BROCCOLI**

17

**HOLIDAY**

20

**BEEF TAMALES  
MOZZARELLA STICKS  
W/MARINARA  
SAUCE  
REFRIED BEANS  
CORN  
HAM & CHEESE SUB**

21

**TATER TOT  
CASSEROLE  
BBQ RIB SANDWICH  
CARROTS  
HAM & CHEESE SUB**

22

**CHICKEN FRIED RICE  
EGG ROLL  
TURKEY & CHEESE  
SUB  
VEGETABLE STIR FRY  
OVEN BAKED CHIPS**

23

**CHEESE PIZZA  
PEPPERONI PIZZA  
HAM & CHEESE  
SUB  
BROCCOLI &  
CHEESE**

24

**SALISBURY STEAK  
POPCORN CHICKEN  
HONEY WHEAT ROLLS  
SEASONED GREEN  
BEANS  
MASHED  
POTATOES/GRAVY**

27

**SOFT CHICKEN  
TACO  
FIESTA RICE  
REFRIED BEANS  
HAM & CHEESE  
SUB**

28

**CHICKEN FRIED  
STEAK  
TURKEY & CHEESE  
SUB  
GRAVY  
TATOR TOTS  
PEAS & CARROTS**

29

**BBQ CHICKEN  
DRUMSTICK  
RAVIOLI  
W/BREADSTICK  
FRENCH FRIES  
MIXED VEGETABLES**

30

**CHEESE PIZZA  
PEPPERONI PIZZA  
HAM & CHEESE  
SUB  
BROCCOLI &  
CHEESE**

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!

noun plural noun noun adjective activity noun

