

I'm
**PASCAL THE
PIG**

JANUARY

2020

TDA's January 2020 Menu Calendar



**GOOD
EATS AT**

BREMOND ISD
PRE-K thru 12

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

BREAKFAST
Sausage roll, fruit, juice,
milk
LUNCH
Corn dog or rib
sandwich, fries, Ranch
beans, fruit, milk **6**

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Chicken nuggets or
steakfingers, potatoes,
green beans, roll, gravy,
fruit, milk **7**

BREAKFAST
Sausage/biscuit, fruit,
juice, milk
LUNCH
Pizza or hot pocket,
Romaine salad,
carrots, fruit, milk **8**

BREAKFAST
Pancake stick, fruit,
juice, milk
LUNCH
Beef/cheese or fajita
nachos, corn, pinto
beans, lettuce &
tomato, fruit, milk **9**

BREAKFAST
Breakfast pizza, fruit,
juice, milk
LUNCH
Hamburger or sub,
lettuce, tomato, pickles,
tater tots, fruit, milk **10**

BREAKFAST
Cinnamon roll, fruit,
juice, milk
LUNCH
Spaghetti or Ravioli,
broccoli, carrots, fruit,
garlic toast, milk **13**

BREAKFAST
Scrambled eggs, biscuit,
fruit, juice, milk
LUNCH
Chili dog or sausage
wrap, fries, baked
beans, cucumber slices,
fruit, milk **14**

BREAKFAST
Cinnamon toast,
smokies, fruit, juice,
milk
LUNCH
Soft beef taco or
chicken fajita, corn,
pinto beans, fruit **15**

BREAKFAST
Sausage/biscuit, fruit,
juice, milk
LUNCH
Salisbury or oven fried
steak, potatoes, roll,
gravy, blackeye peas,
fruit, milk **16**

BREAKFAST
Waffle, sausage,
juice, milk
LUNCH
Chicken on a bun or
sub, tots, lettuce,
tomato, pickles, fruit **17**

**SCHOOL
HOLIDAY**
20

Breakfast
Muffin top, fruit, juice,
milk
LUNCH
Corn dog or barbecue
on bun, fries, Ranch
beans, veggie dippers,
fruit, milk **21**

BREAKFAST
Sausage roll, fruit,
juice, milk
LUNCH
Pizza or hot pocket,
Romaine salad,
carrots, fruit, milk **22**

BREAKFAST
Pancake stick, fruit,
juice, milk
LUNCH
Baked or fried chicken
breast, potatoes, green
beans, gravy, roll, fruit **23**

BREAKFAST
Breakfast pizza, fruit,
juice, milk
LUNCH
Hamburger or sub,
lettuce, tomato, pickles,
tots, fruit, milk **24**

BREAKFAST
Scrambled eggs, biscuit,
fruit, juice, milk
LUNCH
Beef/cheese or fajita
nachos, corn, pinto
beans, lettuce &
tomato, fruit milk **27**

BREAKFAST
Cinnamon toast,
smokies, fruit, juice,
milk
LUNCH
Beef/bean burrito or
Frito pie, corn, veggie
dippers, fruit, milk **28**

BREAKFAST
Sausage/biscuit, fruit,
juice, milk
LUNCH
Chicken Alfredo or
Ravioli, broccoli,
carrots, garlic toast **29**

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Fish sticks or chicken
sticks, mac & cheese,
green beans, cornbread,
fruit, milk **30**

BREAKFAST
Waffle, sausage,
juice, milk
LUNCH
Steak on a bun or
sub, tots, lettuce,
tomato, pickles, fruit **31**

**SPECIAL
ANNOUNCEMENTS**

Welcome back!!!!

Hope everyone had a
great Holiday season.

Menu is subject to
change without notice.



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!

