

I'm  
**PASCAL THE  
PIG**

# JANUARY

**2020**

COLUMBUS COMMUNITY SCHOOLS

**GOOD  
EATS AT**

Menus may be changed due to circumstances beyond our control. Juice, milk and cereal offered daily with breakfast. Milk choices served daily with lunch. Pre-K white milk only.

**SPECIAL  
ANNOUNCEMENTS**

Also available instead of main entrée: MS/HS Cold meat sandwich, Chef salad, or Cereal w/ PB&J sandwich & 1 cheese stick.

Roundy 4-6 grade: Cereal w/ PB&J sandwich, & 1 cheese stick or Chef salad.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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

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**HAPPY  
NEW YEAR!**

**NO SCHOOL**

Cinnamon Bun & Fruit  
Popcorn Chicken  
Mashed Potatoes  
California Blend  
Oranges **6**

Cereal PB&J Sandwich  
Baked Spaghetti  
Green Beans  
Garlic Toast, Peaches  
Oh my Peanut Butter  
Pie **7**

Breakfast Pizza Egg/  
Bacon or Sausage  
Corndog  
Baked Beans  
Cottage Cheese  
Pineapple **8**

Pancakes & Sausage  
Chili  
Crackers, Cheese Slice  
Veggie Sticks, Apricots  
Cinnamon Roll  
NATIONAL APRICOT  
DAY! **9**

Ham slice, Toast &  
Fruit  
  
Pizza  
Corn  
Applesauce **10**

Omelet Wrap  
Creamed Chicken  
On a Biscuit  
Peas  
Pears **13**

Breakfast Pizza Egg/  
Bacon or Sausage  
Walking Taco- Doritos,  
Hamburger,  
Shredded Lettuce,  
Cheese, Salsa, Corn, &  
Applesauce **14**

French Toast Sticks  
Chicken Strips  
Mashed Potatoes  
Broccoli, Kiwi  
Strawberry Ice Cream  
NATIONAL STRAWBERRY  
ICE CREAM DAY! **15**

Donut & Fruit  
Sloppy Joe  
French Fries  
Clementine  
Cookie **16**

Combo w/ Scrambled  
Eggs  
Burrito w/ Cheese sauce  
Refried Beans  
Rice  
Grapes **17**

Breakfast Biscuit  
  
Chicken Patty on a  
bun, Sweet Potato  
Fries, Pork & Beans  
Banana **20**

Scones  
Tatar Tot Casserole  
Wheat Roll  
Green Beans  
Mandarin Oranges **21**

Yogurt Parfait  
Breakfast for Lunch-  
Omelet, Tri-tatar,  
Pancakes, Sausage,  
Orange, Grape, Apple  
or Tomato Juice **22**

Breakfast Pizza Egg/  
Bacon or Sausage  
Chicken Nuggets  
Mashed Potatoes  
Steamed Carrots  
Pears **23**

Cereal, PB&J Sandwich  
Cheeseburger on a bun,  
Smiles,  
Sliced Tomato  
Peaches  
NATIONAL PB&J SANDWICH  
DAY! **24**

Breakfast Mountain  
Chicken Wrap, flour  
shell, Shredded lettuce,  
Cheese, Salsa,  
Rice Refried Beans,  
Applesauce **27**

Blueberry Pancakes  
Beef & Noodles  
Mashed Potatoes  
Corn  
Strawberries  
NATIONAL BLUEBERRY  
PANCAKE DAY! **28**

Scrambled Eggs, w/  
Ham & Toast  
Beefy Cheesy Nachos  
Romaine Lettuce w/  
Dressing  
Apple Slices **29**

Frudel  
Mini Corndogs  
Baked Beans  
Cottage Cheese  
Pineapple **30**

Breakfast Pizza Egg/  
Bacon or Sausage  
Pizza Melts  
Green Beans  
Orange **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

