

I'm  
**PASCAL THE  
PIG**

# JANUARY

2020

Hancock County Middle/High School

**GOOD  
EATS AT**

Served Daily with  
Breakfast:

- Fruit
- Cereal
- Pop-Tarts
- Milk/Juice

Served Daily with  
Lunch:

- Salad Bar
- Fruit
- Milk

**SPECIAL  
ANNOUNCEMENTS**

Try our Boneless and  
Bone-In Wings on  
Wednesday January  
22<sup>nd</sup> and our Mini-  
Burger on January 31<sup>st</sup>

Free Staff Lunch  
January 28<sup>th</sup>



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

**No School<sub>1</sub>** **No School<sub>2</sub>** **No School<sub>3</sub>**

Sausage Biscuit  
**Lunch**  
Original or Spicy  
Chicken Sandwich  
Chips  
Broccoli & Cheese **6**

Chicken Biscuit  
**Lunch**  
Hot Dogs  
Chili  
Fries **7**

Muffins  
**Lunch**  
Chicken Tenders  
Mashed Potatoes  
Broccoli  
Roll **8**

Bacon Biscuit  
**Lunch**  
Hamburger Helper  
Corn  
Garlic Toast **9**

Gravy Biscuit, Eggs  
**LUNCH**  
Cheeseburger  
Curly Fries  
Broccoli  
Ice Cream **10**

Breakfast Pizza  
**Lunch**  
Chilli, Chips, and  
Cheese  
Mexican Corn or  
Salsa **13**

French Toast Sticks  
**Lunch**  
Subway Day  
Ham Hoagie  
Chips  
Baked Beans **14**

Apple Cinnamon  
Toast  
**Lunch**  
Chicken Tenders  
Potato Babies  
Green Beans  
Roll **15**

Pancake Sausage  
Wrap  
**Lunch**  
Vegetable Soup  
Grilled Cheese  
Corn **16**

Gravy Biscuit, Sausage  
**Lunch**  
Deep Dish Pizza  
Cheese or Pepperoni  
Fries  
Corn **17**

**No  
School<sub>20</sub>**

Chicken Biscuit  
**Lunch**  
Corn Dog  
Fries  
Mac and Cheese **21**

Muffins  
**Lunch**  
Wings Wednesday  
Boneless and Bone-In  
wings w/sauces  
Potato Wedges  
Celery **22**

Pancakes  
**Lunch**  
Fish Nuggets  
Hushpuppies  
Green Beans  
Slaw **23**

Apple & Banana  
Bread  
**Lunch**  
Gravy and Biscuit  
Hashbrowns  
Bacon **24**

Sausage Biscuit  
**Lunch**  
Stuffed Crust Cheese  
or Pepperoni Pizza  
French Fries  
Green Beans **27**

French Toast Sticks  
**Lunch**  
Hard or Soft Shell  
Tacos  
Corn  
Refried Beans **28**

Muffins  
**Lunch**  
Chicken Tenders  
Mashed Potatoes  
Broccoli  
Roll **29**

Apple & Banana  
Bread  
**Lunch**  
Chicken Noodle Soup  
Grilled Cheese  
Baked Apples **30**

Gravy Biscuit, Bacon  
**Lunch**  
Mini Burgers  
Fries  
Corn **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!

