

DECEMBER

2018



I'm
TO-MAGIC-O

GOOD EATS AT



K-8 Schools

Fresh/Chilled Fruit & Milk Offered with Every Meal

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
Pancakes Tacos Beans Confetti Salad 3	Spice Cake Grilled Cheese Sandwich Sweet Potato Fries Jicama 4	Potato & Cheese Burrito Meatball Sandwich Potato Wedges Romaine Lettuce & Tomato 5	Oatmeal Chicken Nuggets Dinner Roll Tater Tots Cucumbers 6	Breakfast Pizza Spaghetti W/Meat Dinner Roll Garden Salad Jicama 7
Pancake Wrap Sweet & Sour Chicken Asian Rice Mix Veggies Cucumbers 10	Concha Pozole Dinner Roll Cabbage/Radish Jicama 11	Tamales BBQ Rib Sandwich Fries Carrots 12	French Toast Popcorn Chicken Dinner Roll Mashed Potatoes W/Gravy Peas and Carrots 13	SB&Jelly Sandwich Fajitas W/Tortilla Spanish Rice Beans Romaine Confetti Salad 14
Cereal Tapatias Cut Corn Peas and Carrots 17	Gingerbread Man Pizza Carrot Bites Celery Dippers 18	Manager's Breakfast Special Manager's Special 19	Winter Break Students Return January 7th 20	21
24	25	26	27	28
31				

Salads

- Monday: Spicy Buffalo Ranch
- Tuesday: Oriental Sesame
- Wednesday: Caesar
- Thursday: Mexiranch Fiesta
- Friday: Manager's Special

Sandwiches

- Monday: Deli
- Tuesday: Cold Cut Sub
- Wednesday: Turkey Croissant
- Thursday: Spicy Chicken Wrap
- Friday: Manager's Special

TO-MAGIC-O

Tomato

The oldest of the superheroes, To-magic-o became a tomato superhero thousands of years ago. An ancient emperor commanded nutrition magician Vita-clese to create a natural food to satisfy all the kingdoms. The magician combined a stone bowl of vitamin C, a wooden spoon of vitamin K and a pinch of potassium, vitamin A, folate and other nutrients to make a bright red ball he bound together with fiber. Then he gave the ball super tasty powers of versatility and called it To-magic-o. Today To-magic-o is highly respected in Healthyville and she can transform into thousands of shapes and colors to make good nutrition super tasty for anyone in the world.



FUN FACTS

Spanish explorers introduced the tomato to Europe in the 1600s. The tomato arrived in America in the late 1700s.

Adventuresome gardeners, like Thomas Jefferson, helped it gain in popularity. By 1835, tomatoes were widely eaten. The average person in the U.S. consumes about 88 pounds of tomatoes each year!

Tomatoes are the most popular garden vegetable crop in Texas.

TO-MAGIC-O'S
FAVORITE
ACTIVITIES
Basketball and Karate

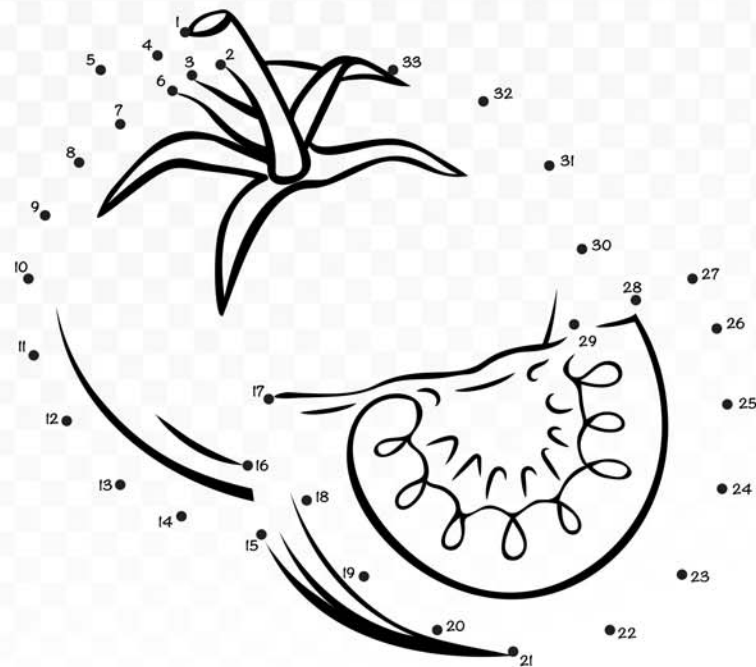
JOKE OF THE MONTH

Q: What did the father tomato say to the baby tomato while on a family walk?

A: Ketchup.

POW!
ARCH ENEMY
Ice Man — tomatoes
don't like cold

CONNECT THE DOTS AND COLOR ME!



TOMATO CORN SALAD

Ingredients:

- 2-1/4 pounds Corn, sweet
- 2-1/2 pounds Cherry tomatoes
- 1 cup Olive oil
- 1/4 cup Red wine vinegar
- 1-1/2 tsp. Salt
- 1 tsp. Black pepper, ground
- 1 cup Basil, fresh, chopped, leaves only

Directions:

1. Remove kernels from corn cob. Defrost in cooler overnight if using frozen.
2. Cut each cherry tomato in half.
3. Whisk oil, vinegar, salt and pepper in a mixing bowl.
4. Add corn and cherry tomatoes to the mixing bowl. Fold all ingredients together lightly making sure not to crush tomatoes.
5. Sprinkle with fresh basil immediately before service.
6. Hold for cold service at 41°F or lower.

Sources: Texas A&M and Agrilife Extension

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