

DECEMBER 2018



I'm
TO-MAGIC-O

M	T	W	TH	F
Vertical Bar/Cheese Stick/Peach Cup Chili Dog or Hot Pocket Oven Fries Purple Hull Peas Pineapple Tidbits Milk 3	Break Burrito/Mixed Fruit Cup Taco Roll or Cheese Nachos Cornbread Muffin Black Beans/ Corn Peaches/Milk 4	Break Pizza/Mandarin Orange Cup Mini Corn Dogs or Pizza Seasoned Carrots Celery Sticks/Dip Grapes Milk 5	Honey Bun/Pear Cup Glazed Ham or Chicken Rings Sweet Potato Soufflé Green Beans/Roll Applesauce/Milk 6	Mini Pancake/Apple Slices Scrambled Eggs/ Sausage Link/ or Ham & Cheese Croissant Jicama/Seasoned Sweet Potato Cubes/ French 7
Cinni-Mini/Peach Cup Mr. Rib Sandwich or Chicken Sandwich Seasoned Potato Wedges/ Baked Beans Applesauce Cup Milk 10	Kolache/Mixed Fruit Chicken Crispito or Chicken Fajita Taco Refried Beans Salsa Cup Tostito Chips Pears/Milk 11	Break Pizza/Mandarin Orange Cup Chicken Nuggets or Steak Fingers/Texas Toast/Mashed Potatoes Gravy/Black eyed Peas Frozen Fruit Smoothie 12	Sausage on Bun/Pineapple Cup Lasagna or Pizza Dark Green Salad Corn Orange Wedges Milk 13	Mini Waffles/Apple Slices Frito Pie or Popcorn Chicken/Roll Curly Fries Baby Carrots Milk 14
Mini Donut/Peach Cup Beef Empanada or Nacho Bites Corn Seasoned Carrots Craisins/Milk 17	Mini Pigs in Blanket/Mixed Fruit Oven Fried Chicken or Pork Chops Mashed Potatoes/Gravy Green Beans Apricots/Milk 18	Breakfast Pizza/Mandarin Orange Little Smokies or Mini Beef Riblettes Mac&Cheese/Baked Beans/Sweet Potato Tots/Emoji Cup/Milk 19	Mini Waffles/Pineapple Salisbury Steak or Chef Salad/Roll Baby Bakers Potatoes Turnip Greens Strawberry Cup Milk 20	Big Muffin/Apple Slices Dragonable Baby Carrots Mixed Fruit Milk 21
No School 24	No School 25	No School 26	No School 27	No School 28
No School 31				

GOOD EATS AT

Breakfast includes choice of Milk and Juice.

SPECIAL ANNOUNCEMENTS

Breakfast and lunch are offered free of charge to all students.

Dragonable has turkey ham, cheese, and crackers.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

TO-MAGIC-O

Tomato

FUN FACTS

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

Adventurous 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.

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.



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

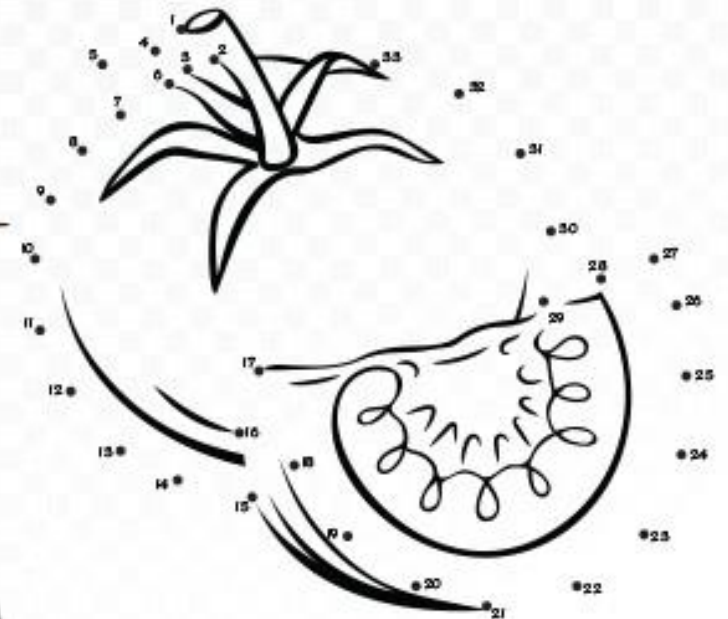
JOKE OF THE MONTH

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.