

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

Siebert Elementary Lunch

SPECIAL ANNOUNCEMENTS

A milk variety and water is available with each meal.
* This Institution is an equal opportunity provider.

M	T	W	TH	F
Oven Roasted Chicken & Roll Corn Dog Fresh Broccoli Baked Beans Apple-Pineapple D'Lite 3	Meat & Cheese Nachos Grande or Soup Of The Day, Refried Beans, Salsa, Tiny Tomato Cups, Cucumber Slices, Peaches, and a Lime Sherbet Cup 4	Chicken Sandwich with Oven Fries, X-Treme Burrito with Corn, Fresh Veggie Cups, Mandarin Oranges 5	Asian Bowl with Egg Roll or Hamburger Steak with Biscuit, & Roasted Potatoes, Steamed Broccoli and Fruity Gelatin 6	Maverick Pizza or Ham and Cheese Melt with cup of Soup & Multi Grain Chips, Glazed Carrots, Crunchy Broccoli Salad, Fresh Seasonal Fruit Brownie 7
Country Fried Steak with Gravy or Maverick Meatloaf Mashed Potatoes, Fried Okra, Rolls and Strawberries 8	Meat & Cheese Chalupas, Enchiladas, Salsa, Refried Beans, Zesty Cucumber Cups and Rosy Applesauce 11	Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger, Sweet Potato Fries, Steamed Broccoli, Mixed Fruit Cup and Crispy Cereal Treat 12	Domino's Pizza Chicken Spaghetti with Bread Stick, Garden Salad, Glazed Carrots, Apple Slices, 13	Fish Sticks with Mac-N-Cheese, BBQ on a Bun, Cauliflower Cups Savory Green Beans, Orange Smiles 14
Texas Basket, Hamburger/Cheese Burger, Oven Fries Fresh Veggie Cups, and Mixed Fruit Cup 17	Tex-Mex Stack Chicken Fajitas, Charro Beans, Tiny Tomato Cups, Salsa Peaches and a Cookie 18	Choice of Sack Lunch 19	Choice of Sack Lunch 20	No Classes 21
_____ 24	_____ 25	Christmas Break 26	_____ 27	_____ 28
_____ 31				

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 Yita-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

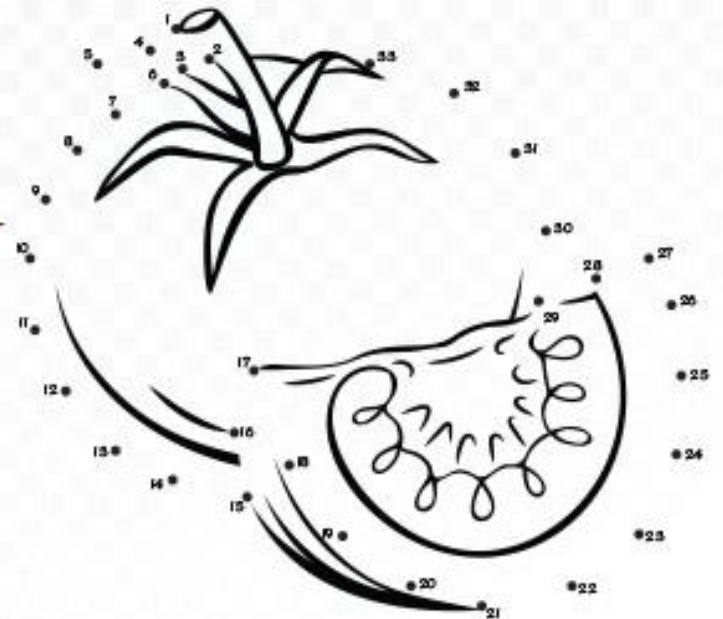
Q: What did the father tomato say to the baby tomato while on a family walk?

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.