

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

Siebert Elementary Breakfast

SPECIAL ANNOUNCEMENTS

Includes: Variety of milk and juice
"This institution is an equal opportunities provider."

M	T	W	TH	F
Pancakes with Sausage WGR Cereal Variety with Toast, Muffin & Yogurt 3	Breakfast Burritos, and Hash Browns WGR cereal variety with toast Breakfast Strudel with Cheese Stick 4	Scrambled Eggs, Bacon and Biscuit with Gravy, WGR Cereal Variety with Toast, Muffin & Yogurt 5	Sausage Kolache, WGR Cereal Variety with Toast, Breakfast Bread 6	Breakfast Sandwich, WGR Cereal Variety with Toast, Muffin & Yogurt 7
Waffles with Bacon, WGR Cereal Variety with Toast, Muffin & Yogurt 10	Cinnamon Roll with Sausage, Breakfast Strudel with Cheese stick, or WGR cereal variety with toast 11	Breakfast Pizza, Breakfast Fruit Parfait, WGR Cereal Variety with Toast, Muffin & Yogurt 12	Sausage, Egg and Cheese Sandwich, Dutch Waffle with Sausage, WGR Cereal Variety with Toast, 13	Scrambled Eggs and Biscuit with Gravy, WGR Cereal Variety with Toast, Muffin & Yogurt 14
Sausage Biscuit, WGR Cereal Variety with Toast, Muffin & Yogurt 17	Breakfast Burrito Breakfast Strudel with Cheese stick WGR cereal variety with toast 18	Chicken-N-Waffles, WGR Cereal Variety with Toast, Muffin & Yogurt 19	Pancakes with Sausage WGR Cereal Variety with Toast, Or PBJ Sandwich 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

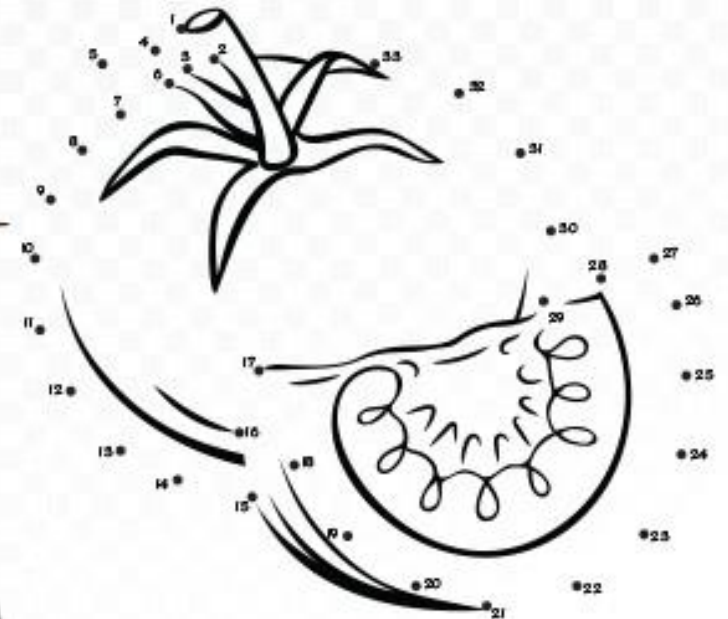
Q: What did the father tomato say to the baby tomato while on a family walk?

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.