

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

**McAllen ISD
Child Nutrition
Services
Middle School
Menu**

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
<p>Concha Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Sticks w/ Ranch Assorted Fruit/ Juice ³</p>	<p>French Toast Bites Juice/Fruit Roasted Chicken w/ Roll OR Chicken Fried Steak Broccoli w/ Cheese Mashed Potatoes Assorted Fruit/ Juice ⁴</p>	<p>Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ⁵</p>	<p>Barbacoa Taco Juice/Fruit Hamburger/Cheeseburger OR Buffalo Chicken Wrap Burger Salad Curly Fries Assorted Fruit/ Juice ⁶</p>	<p>Chia Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ⁷</p>
<p>Pancake Stick Juice/Fruit Chicken Burger OR Cheese Sticks Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ¹⁰</p>	<p>Morning Sausage Roll Juice/Fruit Chicken Fajita Taco OR Burrito w/ Cheese Refried Beans Taco Salad Assorted Fruit/ Juice ¹¹</p>	<p>Honey Bun Juice/Fruit Carne Guisada OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ¹²</p>	<p>Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Fajita Wrap Burger Salad Curly Fries Assorted Fruit/ Juice ¹³</p>	<p>Banana Choc Bar Juice/Fruit Pizza OR Southwest Chicken Salad Carrot Sticks w/ Ranch Seasoned Cucumbers Assorted Fruit/ Juice ¹⁴</p>
<p>Banana Chocolate Bar Juice/Fruit Spicy Tenders OR Beef Fingers Broccoli w/ Cheese Mashed Potatoes Assorted Juice/Fruit ¹⁷</p>	<p>PB Jamwich Juice/Fruit HOLIDAY LUNCHEON Assorted Fruit/ Juice ¹⁸</p>	<p>Marranito Juice/Fruit Chalupas w/ Jalapeno OR Frito Pie Refried Beans Taco Salad Assorted Fruit/ Juice ¹⁹</p>	<p>French Toast Bites Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Burger Salad Curly Fries Assorted Fruit/ Juice ²⁰</p>	<p>Banana Choc Bar Juice/Fruit Pepperoni or Cheese Pizza Carrot Sticks w/ Ranch Lettuce/Tomato Assorted Fruit/ Juice ²¹</p>
<p>NO SCHOOL ²⁴</p>	<p>NO SCHOOL ²⁵</p>	<p>NO SCHOOL ²⁶</p>	<p>NO SCHOOL ²⁷</p>	<p>NO SCHOOL ²⁸</p>
<p>NO SCHOOL ³¹</p>				

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers. Ham & Cheese Sandwich and Pizza offered as additional choices at lunch

* Flavored and unflavored skim milk offered at each meal service

Menus subject to change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

NO
SCHOOL

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

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.

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

JOKE OF THE MONTH

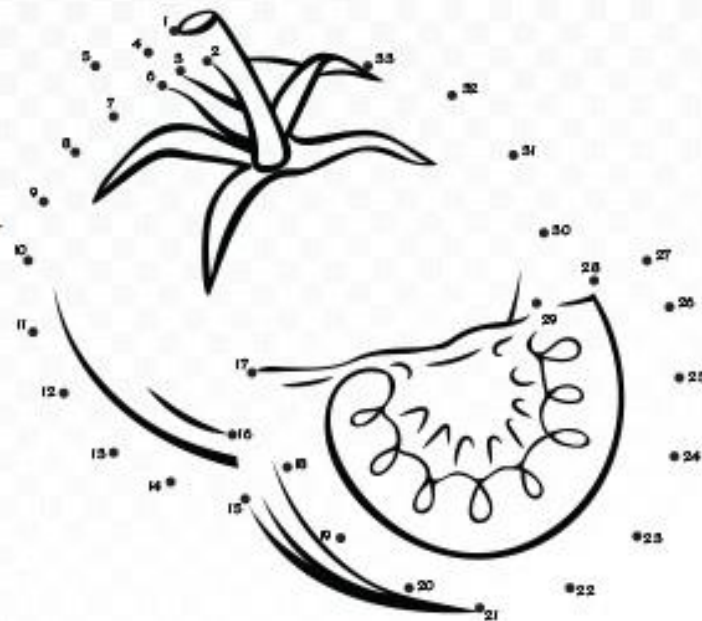
Q: What did the father tomato say to the baby tomato while on a family walk?

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.