

DECEMBER 2018



I'm
TO-MAGIC-O

M	T	W	TH	F
Oven Roasted chicken with Roll Corn Dog or Chicken Burger Tator Tots Baked Beans Apple-Pineapple D'Life	Domino's Pizza, Nachos Grande with Refried Beans and Salsa, Soup of the Day & Bread, Peaches and Lime Sherbet	Chicken Sandwich, X-Treme Burrito, Cheese Burger Oven Fries and Corn, Mandarin Oranges	Asian Bowl with Egg Roll, Hamburger Steak with Brown Gravy and Biscuit or Individual Pizza, Roasted Potatoes, and Fruity Gelatin	Maverick Pizza, Ham and Cheese Melt, with cup of Soup or Cheese Burger, Multi Grain Chips, Broccoli Salad, Green Beans, Fresh Seasonal Fruit, and a Brownie
Country Fried Steak with Gravy, Maverick Meatloaf or Chicken Burgers, Mashed Potatoes, Fried Okra, Strawberries & Roll	Meat & Cheese Chalupas, Enchiladas or Individual Pizza Spanish Rice, Refried Beans, Salsa, and Rosy Applesauce	Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger, Chicken Burger, Oven Fries, Broccoli, Mixed Fruit Cup and Crispy Cereal Treat	Chicken Spaghetti with Bread Stick, Maverick Pizza, Hamburger/ Cheese Burger, Glazed Carrots, Apple Slices,	Fish Sticks with Mac-N-Cheese, BBQ on a Bun, or Cheese Pizza, Coleslaw, Savory Green Beans, Orange Smiles
Texas Basket Hamburger/Cheese Burger, Chicken Burger Oven Fries Mixed Fruit cup	Domino's Pizza, Chicken Alfredo, with Breadstick Hamburger/Cheese Burger Tuscan Vegetables Hot Cinnamon Apple	Grab n Go Sack Lunches	Grab N Go Sack Lunches	No Classes
_____ _____ _____	_____ _____ _____	Christmas Holiday	_____ _____ _____	_____ _____ _____
_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

GOOD EATS AT

Secondary Lunch

SPECIAL ANNOUNCEMENTS

A Salad Entree is also available as a meal option each day. There is always a salad bar to choose as a vegetable option, and a milk variety and water is available with each meal.

* This Institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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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

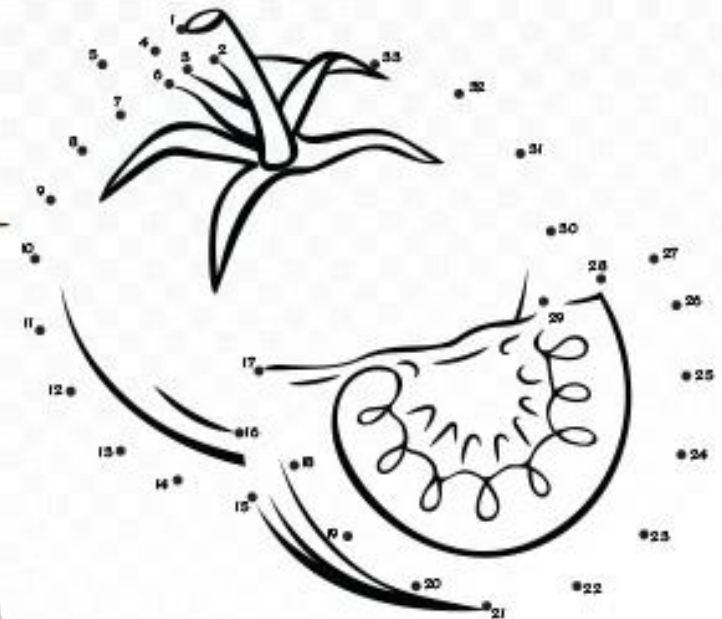
Q: What did the father tomato say to the baby tomato while on a family walk?

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.