

# DECEMBER 2017

MON TUE WED THUR FRI

## Special Announcements

### Breakfast Menu

Serving Time 7:15 to 7:45

Monday: Cereal, Toast, Fruit, Juice, Milk

Tuesday: Waffles, Fruit, Juice, Milk

Wednesday: Toasted Cheese Sandwich, Fruit, Juice, Milk

Thursday: Pancakes, Fruit, Juice, Milk

Friday: Biscuit, Sausage Patty, Fruit, Juice, Milk

Good Eats at:

**Westphalia ISD**

1225

Christmas Day

Hot Dog  
Chili/cheese  
Tater Tots  
Apple  
Milk

+200

+100

+50

Cheese Pizza Corn Garden Salad Orange Milk <b>4</b>	Tacos Salad Refried Beans Lettuce/tomatoes Pear Slices Milk <b>5</b>	Chicken Alfredo Green Beans Peach slices Breadstick Milk <b>6</b>	Steak Fingers Mashed Potatoes Gravy Broccoli Mixed Fruit, Roll Milk <b>7</b>	Hamburger French Fries Lettuce/tomatoes Banana Milk <b>8</b>
Chicken Nuggets Mashed Potatoes Gravy Broccoli Peach Slices Wheat Roll, Milk <b>11</b>	Spaghetti/Meat Sauce Corn Orange Breadstick Milk <b>12</b>	Fish Nuggets Macaroni & Cheese Green Beans Mixed Fruit Milk <b>13</b>	Beef Nachos Spanish Rice Brown Beans Pear Slices Milk <b>14</b>	Vegetable Soup Toasted cheese Sandwich Apple Crackers Milk <b>15</b>
Corn Dog Pork & Beans Garden salad Pineapples Milk <b>18</b>	Roasted Chicken Mashed Potatoes Gravy Broccoli Peach Slices Wheat Roll Milk <b>19</b>	Ham & Cheese on Bun Lettuce/tomatoes Fresh Fruit Milk <b>Early Release 20</b>	<b>21</b>	<b>22</b>
Merry Christmas and Happy New Year <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>



Fun facts on back! ➔



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



# SPINACH

Hi there. My name is Sasha and I'm one of the most famous members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make me famous. We won't actually make you super-strong like Popeye, but we do have good things for your skin, eyes, and healthy functioning of the body like lots of vitamins A and K. Texas is ranked second in the country for growing spinach. I have flat, smooth leaves but my brother Savoy has dark green, curly leaves. We can taste great raw in a salad or on a sandwich or cooked or steamed in sauces.



## QUICK LIFE!

We are fast growers and become full-grown in about six to eight weeks from the time we are planted. Farmers pick us when we have about 10-12 leaves by pulling us right out of the ground.

## Letter SCRAMBLE

snpiahc eevlsa

## FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.

## Launch PAD

### SPINACH GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley

## Joke of the MONTH

Q: Why are spinach leaves never lonely?

A: Because they come in bunches.



## Exercise for the FUN OF IT!

In addition to eating vegetables like spinach, exercising and playing are important to your health. When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!