

DECEMBER 2018



I'm **TO-MAGIC-O**

M	T	W	TH	F
Fish Sticks Or Crisпитos Mac & Cheese Baby Carrots Corn, Mixed Fruit Milk 3	Taco Soup Crackers Fresh Broccoli Jell-O, Pears Milk 4	Chicken Fajita Shred Lettuce Refried Beans Spanish Rice Pineapple Tidbits Milk 5	Chili Mac Green Beans Chopped Salad Orange Milk 6	Pull Pork Sandwich Baked Fries Veggie Tray Fruit Cups, Milk 7
Popcorn Chicken Cheesy Broccoli Fresh Tomato Peaches Milk 10	Corndog or Burrito Chili Beans Seasoned Peas Apple Sauce Cups Milk 11	Crunchy Taco Cheese, Lettuce Brown Beans Mandarin Orange Milk 12	Sliced Ham, Roll Mashed Potato Green Beans Strawberry Shortcake, Milk 13	Hamburger or Cheeseburger Baked Fries Burger Salad Apple, Milk 14
Vegetable Soup Grilled Cheese Sandwich Salad, Pineapple Tidbits Milk 17	Toasted Ham Cheese Sandwich Shred Lettuce Baby Carrots, Chips Apple Sauce Milk 18	Salisbury Steak Roll, Mashed Potato, Green Beans, Assort. Fruit, Milk 19	Grilled BBQ Chicken on Bun Chips, Veggie Bag Fruit Cups Milk 20	HOLIDAY 21
HAVE 24	A 25	GOOD 26	CHRISTMAS 27	BREAK 28
31				

GOOD EATS AT

**WESTPHILIA
 ISD
 Breakfast
 Serving Time
 7:15 - 7:45**

SPECIAL ANNOUNCEMENTS

- Monday: Breakfast
Pizza
 - Tuesday: French Toast
Sticks
 - Wednesday: Sausage
Biscuit
 - Thursday: Pop Tart
 - Friday: Cinnamon Roll
- Every day Cereal, Fruit,
Juice and Milk offered



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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

TO-MAGIC-O

Tomato

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.



FUN FACTS

Spanish explorers introduced the tomato to Europe in the 1600s. The tomato arrived in America in the late 1700s.

Adventuresome 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?

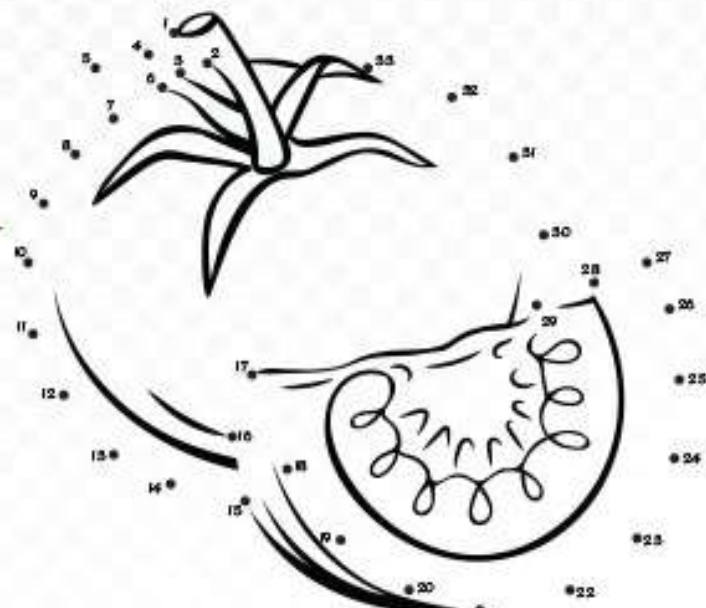
A: Ketchup.

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.