

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

La Joya ISD
Child Nutrition Services
HIGH SCHOOL Grade
9-12
Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
Uncrustable - Cheeseburger Waffle Fries Burger Salad 3	Hawaiian Breakfast Roll - Steak Fingers Dinner Roll Brown Gravy Mashed Potatoes Garden Salad 4	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 5	Tamales - Chicken Basket Queso Blanco Dinner Roll Garden Salad Golden Corn 6	Breakfast Taco - Pepperoni Pizza Baby Carrots Garden Salad 7
Uncrustable - Cheeseburger Seasoned Wedges Burger Salad 10	French Toast Sticks - Meatball Sub Garden Salad Baby Carrots 11	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Spanish Rice Charro Beans Garden Salad 12	Breakfast Pizza - Sriracha Boneless Wings Cheese Sauce Dinner Roll Garden Salad Broccoli 13	Breakfast Taco - Pinwheel Pepperoni Pizza Baby Carrots Garden Salad 14
Uncrustable - Cheeseburger Tater Tots Burger Salad 17	Mini Pancakes - Chicken Nuggets Cheese Sauce Dinner Roll Garden Salad Broccoli 18	Assorted Cereal w/Cracker - Nacho Scoops Queso Blanco Spanish Rice Charro Beans Garden Salad 19	Breakfast Taco - Holiday Turkey Dinner Roll Cracker Mashed Potato Brown Gravy Corn 20	Kolache - The Pack Hoagie Baby Carrots Garden Salad <i>*Early Release Happy & Safe Holidays!</i> 21
Christmas Holiday 24	Christmas Holiday 25	Christmas Holiday 26	Christmas Holiday 27	Christmas Holiday 28
Christmas Holiday 31				

La Joya ISD Child Nutrition Services
*Breakfast is served daily with choices of:
Fruit juice, fresh fruit, fat free and low fat milk.
*Lunch is served daily with choices of:
Fresh fruit, canned fruit, fat free and low fat milk.
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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

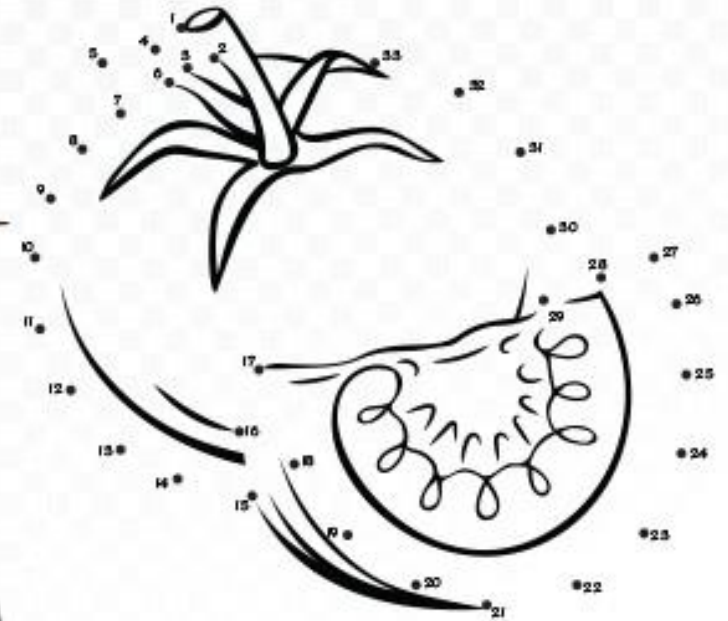
Q: What did the father tomato say to the baby tomato while on a family walk?

A: Ketchup.

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.