

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

La Joya ISD
Child Nutrition Services
ELEMENTARY Grade
Pre-Kinder
Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 3	Hawaiian Breakfast Sandwich 100% Juice 1% Milk/Skim Milk (Unflavored) - Steak Fingers Brown Gravy Mashed Potato Fruit 1% Milk/Skim Milk (Unflavored) 4	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 5	Tamales 100% Juice 1% Milk/Skim Milk (Unflavored) - Popcorn Chicken Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 6	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) - Pepperoni Pizza Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 7
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 10	French Toast Sticks 100% Juice 1% Milk/Skim Milk (Unflavored) - Chicken Strips Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 11	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Picadillo con Papas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 12	Breakfast Pizza 100% Juice 1% Milk/Skim Milk (Unflavored) - Boneless Wings Broccoli Fruit 1% Milk/Skim Milk (Unflavored) 13	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) - Pinwheel Pepperoni Pizza Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 14
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 17	Mini Pancakes 100% Juice 1% Milk/Skim Milk (Unflavored) - Chicken Nuggets Broccoli Fruit 1% Milk/Skim Milk (Unflavored) 18	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Nachos Scoops Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 19	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) - Holiday Turkey Dinner Roll Mashed Potato Brown Gravy Fruit 1% Milk/Skim Milk (Unflavored) 20	Kolache 100% Juice 1% Milk/Skim Milk (Unflavored) - The Pack Hoagie Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) *Early Release Happy & Safe Holidays! 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 with:
Fruit juice or fresh fruit/fat free or low fat milk/Unflavored
*Lunch is served with:
Fresh fruit or canned fruit/fat free or low fat milk /Unflavored
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Menu is subject to change due to availability.

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

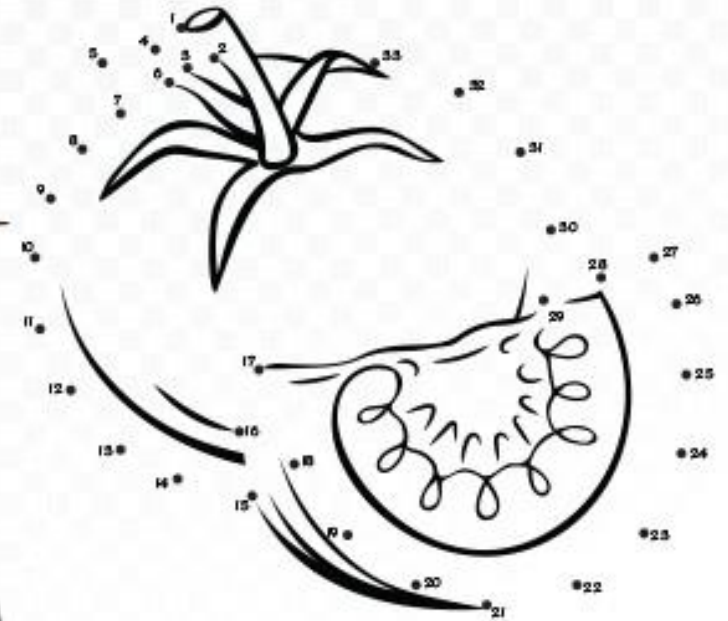
Q: What did the father tomato say to the baby tomato while on a family walk?

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.