

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

**McAllen ISD
Child Nutrition
Services
K-5 Menu**

SPECIAL ANNOUNCEMENTS

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers. Ham & Cheese Sandwich offered as a third choice at lunch

* Flavored and unflavored skim milk offered at each meal service

Menus subject to change

M	T	W	TH	F
<p>Concha Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Sticks w/ Ranch Assorted Fruit/ Juice ³</p>	<p>French Toast Bites Juice/Fruit Chicken Fajita Taco OR Burrito w/ Cheese Golden Corn Taco Salad Assorted Fruit/Juice ⁴</p>	<p>Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ⁵</p>	<p>Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ⁶</p>	<p>Banana Choc Bar Juice/Fruit Pizza OR Chicken Nuggets Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ⁷</p>
<p>Pancake Stick Juice/Fruit Hot Ham & Cheese OR Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ¹⁰</p>	<p>Mini Pancakes Juice/Fruit Carne Guisada OR Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ¹¹</p>	<p>Honey Bun Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/ Juice ¹²</p>	<p>Sausage Biscuit Juice/Fruit Roasted Chicken OR Chicken Fried Steak Mashed Potatoes Broccoli w/ Cheese Assorted Fruit/ Juice ¹³</p>	<p>Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ¹⁴</p>
<p>Banana Chocolate Bar Juice/Fruit Chicken Nuggets OR Hot Dog Veggie Nibbles Carrot Sticks w/ Ranch Assorted Fruit/Juices ¹⁷</p>	<p>Morning Sausage Roll Juice/Fruit HOLIDAY LUNCHEON Assorted Fruit/Juice ¹⁸</p>	<p>French Toast Bites Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ¹⁹</p>	<p>Marranito Juice/Fruit Spaghetti w/ Meatballs OR Cheese Sticks Corn on the Cob Broccoli w/ Cheese Assorted Fruit/ Juice ²⁰</p>	<p>Banana Choc Bar Juice/Fruit Pepperoni OR Cheese Pizza Carrot Sticks w/ Ranch Burger Salad Assorted Fruit/ Juice ²¹</p>
<p>NO SCHOOL ²⁴</p>	<p>NO SCHOOL ²⁵</p>	<p>NO SCHOOL ²⁶</p>	<p>NO SCHOOL ²⁷</p>	<p>NO SCHOOL ²⁸</p>
<p>NO SCHOOL ³¹</p>				

NO
SCHOOL

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 Tomato



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

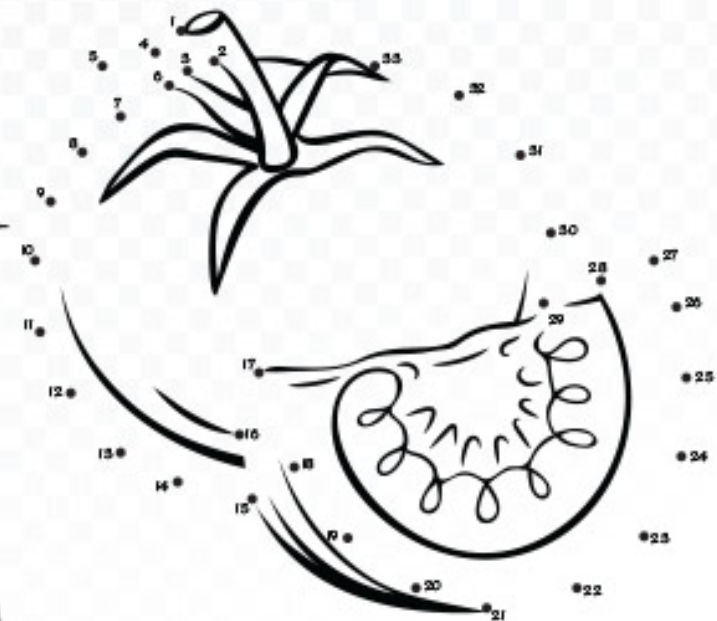
JOKE OF THE MONTH

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.
6. Hold for cold service at 41°F or lower.