

DECEMBER

Special Announcements

Daily Offerings: 1% Plain, FF
Chocolate Milk and Fruit

MENU SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tioga ISD
Lunch 6-8



1 Crisritos /Cheese
OR Corn Dog
Carrots Baby
Refried Beans
Spanish Rice

2 Cheeseburger OR
Meatball Sub
Chili Beans
Let/Tom/Pickle Cup
Sun Chips

5 Cheese OR
Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

6 Sweet & Sour Chick
OR Hot Dog
WG Rice
Veg Egg Roll
Broccoli

7 Chick Drumstick
OR Brd Beef Patty
Mashed Potatoes
Green Peas
WG Roll
WG Cookie

8 Chick Fajita Nachos
OR Corn Dog
Pinto Beans
Carrots Baby
Spanish Rice

9 Hamburger OR
Spicy Chick Sand
Curly Fries
Let/Tom/Pickle Cup
Ket/Mayo/Mustard

12 Cheese OR
Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

13 Spaghetti/Meat
Sauce OR Hot Dog
Mixed Vegetables
Broccoli
Garlic Breadstick

14 Pop Corn Chick
OR Steak Fingers
Mashes Potatoes
Green Beans
WG Roll
WG Cookie

15 Soft Beef Tacos
OR Corn Dog
Chili Beans
Let/Tom Salad
Spanish Rice

16 Cheeseburger OR
Grilled Cheese Sand
Pork & Beans
Let/Tom/Pickle Cup
Sun Chips
Ket/Must/Mayo

19 HOLIDAY

20 HOLIDAY

21 HOLIDAY

22 HOLIDAY

23 HOLIDAY

26 HOLIDAY

27 HOLIDAY

28 HOLIDAY

29 HOLIDAY

30 HOLIDAY

Lemons

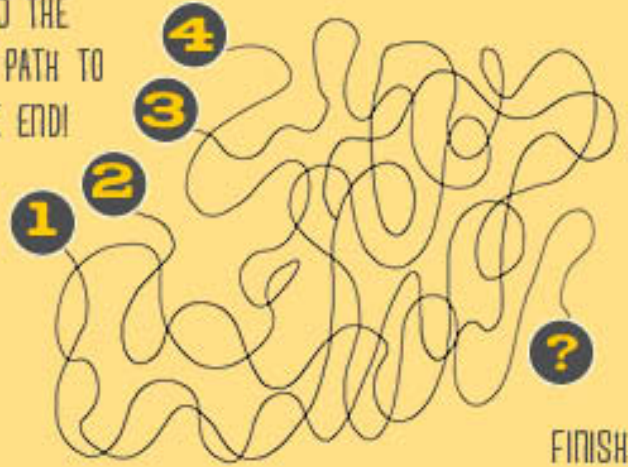
Lemons are a yellow fruit used primarily for juice. They are picked from an evergreen tree that blooms and provides fruit year round. Lemons are very sensitive to cold weather, and since Texas has some colder months in the year they cannot survive for long periods in the Valley region.

Lemons are very sour and are mostly used to add flavor to foods such as fish, chicken, desserts and drinks, such as lemonade. Freshly squeezed lemonade can be made at home with water, lemon juice, a little sugar and ice.

Because lemons contain citric acid you can put the juice on bananas, apples and avocados to keep them from turning brown.

Growing Region: Rio Grande Valley

FIND THE
RIGHT PATH TO
THE END!



Joke of the Month

Q. What do you give an injured lemon?
see answer below.



— East Texas

— Rio Grande Valley

Growing Regions

Did You Know?



The next time you are cooking with your parents and you are using lemons ask them to press firmly on a lemon and roll it on the kitchen countertop. It will release more juices when they cut it open.

Bananas

Bananas grow on tropical, tree-like plants that are usually about 16 feet tall and start producing fruit when they have 10 to 15 months of warm weather. If it gets too cold the plant will stop growing and not produce fruit. Banana plants are the largest plants on earth without a woody stem.

Bananas are a good source of potassium. If you play sports or are active for long periods of time potassium may help to reduce muscle cramps.

Growing Regions: East Texas and Rio Grande Valley



Visit: SquareMeals.org/SeasonalityWheel