

DECEMBER



Special Announcements

Daily Offerings: 1% Plain, FF
 Chocolate Milk and Fruit
 Monday – Pudding
 Friday - Pudding

MENU SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tioga ISD
 Lunch 9-12



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
 Vanilla Pudding

5 Cheese OR
 Pepperoni Pizza
 Steamed Corn
 Romaine Salad
 FF Ranch
 Chocolate Pudding

6 Sweet & Sour Chick
 OR Hot Dog/Chili
 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
 Butterscotch Puddin

12 Cheese OR
 Pepperoni Pizza
 Steamed Corn
 Romaine Salad
 FF Ranch
 Chocolate Pudding

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

14 Pop Corn Chick
 OR Steak Fingers
 Mash 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

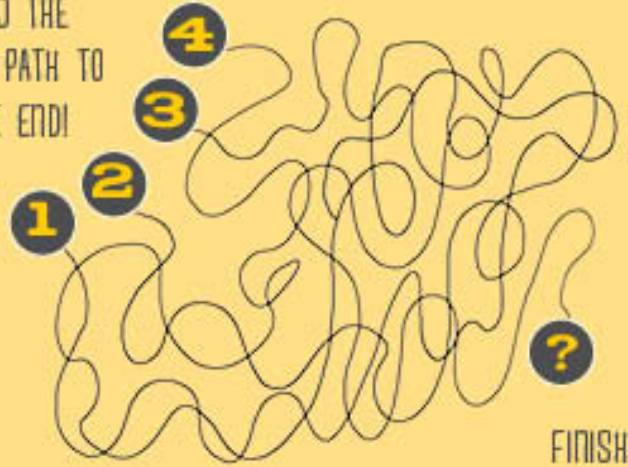
Lemons are a yellow fruit used primarily for juice. They are picked from an evergreen tree that blooms and provides fruit year round. Lemons are very sensitive to cold weather, and since Texas has some colder months in the year they cannot survive for long periods in the Valley region.

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.



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.



— East Texas

— Rio Grande Valley

Growing Regions

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