

# DECEMBER



## Special Announcements

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

MENU SUBJECT TO CHANGE

**Early Release**  
Friday, December 16, 2016



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Tioga ISD  
Breakfast PK-12



5 Egg Patty  
Toast  
OR  
Cereal  
Toast  
Jelly

6 Waffles  
OR  
Cereal  
Cheese Stick  
Syrup

7 Donut  
OR  
Cereal  
Pop Tart

8 Breakfast Pizza  
OR  
Cereal  
Pop Tart

9 Biscuit  
Chick Patty  
OR  
Cereal  
Pop Tart  
Gravy/ Jelly

12 Pancakes  
OR  
Cereal  
Pop Tart  
Syrup

13 Eggstravaganza  
Toast  
OR  
Cereal  
Toast  
Jelly

14 Chocolate  
Muffin  
OR  
Cereal  
Pop Tart

15 French toast  
Sticks  
OR  
Cereal  
Pop Tart  
Syrup

16 Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Gravy/ Jelly

19 Holiday

20 Holiday

21 Holiday

22 Holiday

23 Holiday

26 Holiday

27 Holiday

28 Holiday

29 Holiday

30 Holiday

# Lemons

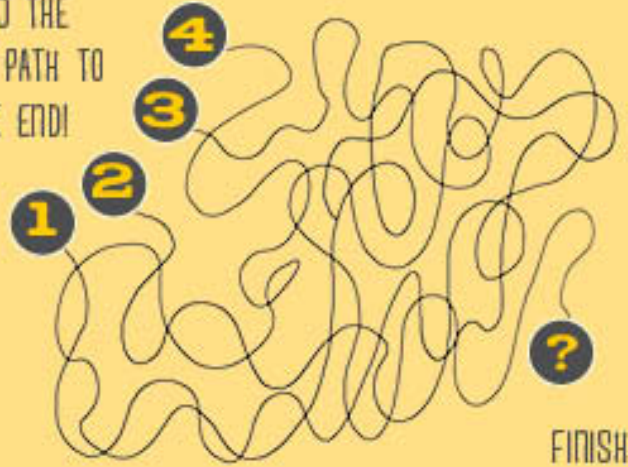
Lemons are a yellow fruit used primarily for juice. They are picked from an evergreen tree that blooms and provides fruit year round. Lemons are very sensitive to cold weather, and since Texas has some colder months in the year they cannot survive for long periods in the Valley region.

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](http://SquareMeals.org/SeasonalityWheel)