

DECEMBER

Special Announcements

A Variety of milk is offered daily
 **NOTES BREAKFAST
 ***A VARIETY OF JUICE AND FRUIT IS OFFERED DAILY.

EARLY RELEASE 12-20

MENU SUBJECT TO CHANGE WITHOUT NOTICE



Texas Department of Agriculture
 Commissioner Sid Miller

This product was funded by USDA. This institution n



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

ELEMENTARY & INTERMEDIATE
 SCHOOLS



			<p>1**Waffles Hamburger/Cheeseburger Chef Salad Sandwich Fixens Potato Rounds Baked Beans Diced Pears Orange Wedges</p>	<p>2**Cheese Omelet Cheese Ravioli Crispy Chicken Salad Seasoned Green Beans Salad Bread stick Mixed Fruit Fresh Fruit</p>
<p>5**French Toast Steak Fingers/Gravy Caribbean Salad Baked Potato Salad Dinner Roll Strawberries & Bananas Fresh Fruit</p>	<p>6**Blue Berry Pancake Spaghetti/Meatballs Chef Salad Steamed Broccoli Salad Breadstick Diced Peaches Orange Wedges</p>	<p>7**Breakfast Pizza Soft Tacos Santa Fe Salad Seasoned Corn Pinto Beans Salad Applesauce Fresh Grapes</p>	<p>8**Banana Muffin Popcorn Chicken Crispy Chicken Salad Sweet Potato Gems Cucumber Wheels Salad Pineapple Tidbits Fresh Fruit</p>	<p>9**Cereal Chili Cheese Combo Chicken Fajita Salad Pinto Beans Fresh Broccoli Salad Diced Pears Fresh Apples</p>
<p>12**Grape Jamwich Pizza Choice Asian Salad Baby Carrots Seasoned Corn Salad Strawberries & Bananas Fresh Fruit</p>	<p>13**Blue Berry Muffin Ham & Cheese Sub Chef Salad Sandwich Fixens Tomato & Cucumber Cup Baked Chips Snowball Salad Orange Wedges</p>	<p>14**Breakfast Pizza Meatball Sub Crispy Chicken Salad Baby Carrots Pinto Beans Salad Diced Pears Fresh Apples</p>	<p>15**Pancake on a Stick Sloppy Joe Caribbean Salad Baked Beans Cucumber Wheels Salad Mixed Fruit Orange Wedges</p>	<p>16**Cinnamon Roll Chicken Nuggets Santa Fe Salad Mashed Potatoes/Gravy Seasoned Corn Dinner Roll Pineapple Tidbits Fresh Fruit</p>
<p>19**Cherry Frudel Crispy Tacos Chicken Fajita Salad Refried Beans La Fiesta Rice Celery Sticks Rainbow Apple Sauce Fresh Fruit</p>	<p>20**Mini Pancakes PBJ BABY CARROTS FRESH FRUIT BAKED CHIPS *EARLY RELEASE</p>	<p>21 HOLIDAY</p>	<p>22 HOLIDAY</p>	<p>23 HOLIDAY</p>
<p>26 HOLIDAY</p>	<p>27 HOLIDAY</p>	<p>28 HOLIDAY</p>	<p>29 HOLIDAY</p>	<p>30 HOLIDAY</p>

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



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

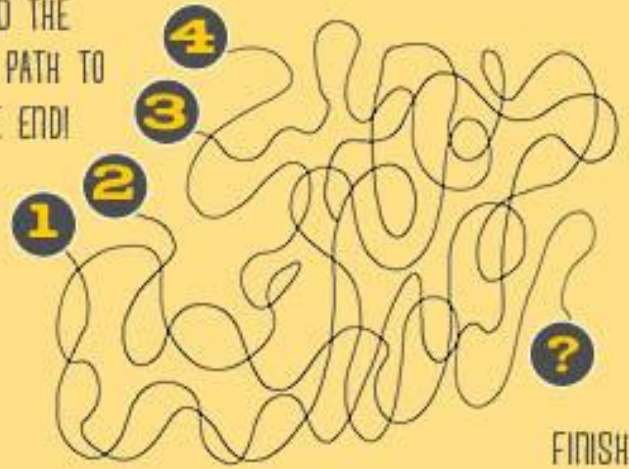
Bananas grow on tropical, tree-like plants that are usually about 16 feet tall and start producing fruit when they have 10 to 15 months of warm weather. If it gets too cold the plant will stop growing and not produce fruit. Banana plants are the largest plants on earth without a woody stem.

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

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

