

# DECEMBER

## Special Announcements



\*A VARIETY OF MILK IS OFFERED DAILY

\*\*NOTES BREAKFAST: A VARIETY OF CEREAL IS OFFED DAILY.

HIGH SCHOOL OFFERS A VARIETY OF JUICE AT LUNCH.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

DUMAS JR. HIGH & HIGH SCHOOLS  
NPOC  
EARLY RELEASE 12-20



**1\*\*Breakfast pizza  
Hamburger/Cheeseburger  
Chef Salad  
Sandwich Fixens  
Potato Rounds  
Baked Beans  
Diced Pears  
Orange Wedges**

**2\*\*Grape Jamwich  
Cheese Ravioli  
Crispy Chicken Salad  
Seasoned Green Beans  
Salad  
Bread stick  
Mixed Fruit  
Fresh Fruit**

**5\*\*Egg & Cheese Biscuit  
Steak Fingers/Gravy  
Caribbean Salad  
Baked Potato  
Salad  
Dinner Roll  
Strawberries & Bananas  
Fresh Fruit**

**6\*\*Breakfast on a Bun  
Spaghetti/Meatballs  
Chef Salad  
Steamed Broccoli  
Salad  
Breadstick  
Diced Peaches  
Orange Wedges**

**7\*\*Yogurt Parfait  
Soft Tacos  
Santa Fe Salad  
Seasoned Corn  
Pinto Beans  
Salad  
Applesauce  
Fresh Grapes**

**8\*\*Stuffed Bagels  
Popcorn Chicken  
Crispy Chicken Salad  
Sweet Potato Gems  
Cucumber Wheels  
Salad  
Pineapple Tidbits  
Fresh Fruit**

**9\*\*Burrito  
Chili Cheese Combo  
Chicken Fajita Salad  
Pinto Beans  
Fresh Broccoli  
Salad  
Diced Pears  
Fresh Apples**

**12\*\*Pancake on a Stick  
Pizza Choice  
Asian Salad  
Baby Carrots  
Seasoned Corn  
Salad  
Strawberries & Bananas  
Fresh Fruit**

**13\*\*Cheese Omelet Wrap  
Ham & Cheese Sub  
Chef Salad  
Sandwich Fixens  
Tomato & Cucumber Cup  
Baked Chips  
Snowball Salad  
Orange Wedges**

**14\*\*Breakfast Pizza  
Meatball Sub  
Crispy Chicken Salad  
Baby Carrots  
Pinto Beans  
Salad  
Diced Pears  
Fresh Apples**

**15\*\*Breakfast Rounds  
Sloppy Joe  
Caribbean Salad  
Baked Beans  
Cucumber Wheels  
Salad  
Mixed Fruit  
Orange Wedges**

**16\*\*Cinnamon Roll  
Chicken Nuggets  
Santa Fe Salad  
Mashed Potatoes/Gravy  
Seasoned Corn  
Dinner Roll  
Pineapple Tidbits  
Fresh Fruit**

**19\*\*Mini Pancakes  
Crispy Tacos  
Chicken Fajita Salad  
Refried Beans  
La Fiesta Rice  
Celery Sticks  
Rainbow Apple Sauce  
Fresh Fruit**

**20\*\*Cheesy Toast  
PBJ  
BABY CARROTS  
FRESH FRUIT  
BAKED CHIPS  
\*EARLY RELEASE**

**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.

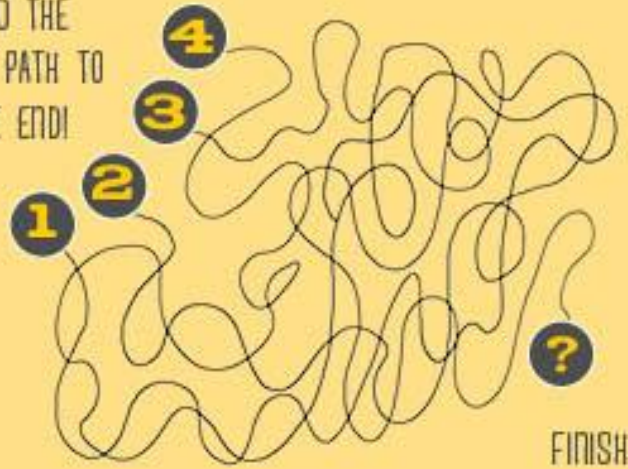
Growing Region: Rio Grande Valley



## 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.

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

# 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)