

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

MAY ISD

SPECIAL ANNOUNCEMENTS

Breakfast
K-12 Reg Price: 1.75
Reduced: .30
Extra Milk: .50
Extra Juice: .50
Adult Price: 2.25
Milk/Juice offered daily. Menu Subject to change.

M	T	W	TH	F
Breakfast Toast Fruit Milk Juice 3	Biscuits/Gravy Sausage Fruit Milk/Juice 4	Waffles Sausage Syrup Fruit Milk/Juice 5	Breakfast Burritos Salsa Fruit Milk/Juice 6	Bagels Cream Cheese Fruit Milk/Juice 7
Chicken Biscuit Fruit Milk Juice 10	Scrambled Eggs Bacon Toast Fruit Milk/Juice 11	Oatmeal Toast Fruit Milk Juice 12	Pancakes on a Stick Syrup Fruit Milk/Juice 13	Cinnamon Rolls Cheese Sticks Fruit Milk/Juice 14
Morning rolls Fruit Milk Juice 17	Early Release Yogurt Toast Fruit Milk/Juice 18	CHRISTMAS BREAK 19	CHRISTMAS BREAK 20	CHRISTMAS BREAK 21
CHRISTMAS BREAK 24	MERRY CHRISTMAS 25	CHRISTMAS BREAK 26	CHRISTMAS BREAK 27	CHRISTMAS BREAK 28
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

TO-MAGIC-O

Tomato

FUN FACTS

Spanish explorers introduced the tomato to Europe in the 1600s. The tomato arrived in America in the late 1700s.

Adventurous gardeners, like Thomas Jefferson, helped it gain in popularity. By 1835, tomatoes were widely eaten. The average person in the U.S. consumes about 88 pounds of tomatoes each year! Tomatoes are the most popular garden vegetable crop in Texas.

The oldest of the superheroes, To-magic-o became a tomato superhero thousands of years ago. An ancient emperor commanded nutrition magician Vita-clese to create a natural food to satisfy all the kingdoms. The magician combined a stone bowl of vitamin C, a wooden spoon of vitamin K and a pinch of potassium, vitamin A, folate and other nutrients to make a bright red ball he bound together with fiber. Then he gave the ball super tasty powers of versatility and called it To-magic-o. Today To-magic-o is highly respected in Healthyville and she can transform into thousands of shapes and colors to make good nutrition super tasty for anyone in the world.



TO-MAGIC-O'S
FAVORITE
ACTIVITIES
Basketball and Karate

JOKE OF THE MONTH

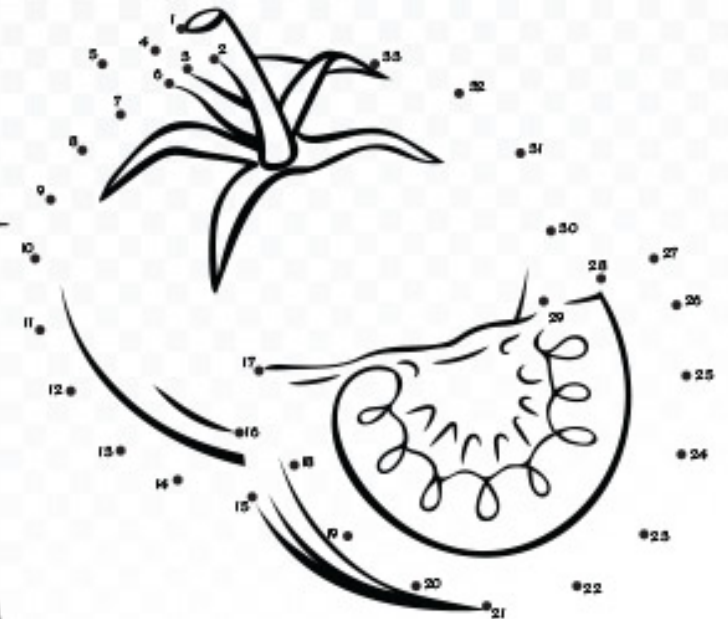
Q: What did the father tomato say to the baby tomato while on a family walk?

A: Ketchup.

POW!
ARCH ENEMY

Ice Man — tomatoes don't like cold

CONNECT THE DOTS AND COLOR ME!



TOMATO CORN SALAD

Ingredients:

- 2-1/4 pounds Corn, sweet
- 2-1/2 pounds Cherry tomatoes
- 1 cup Olive oil
- 1/4 cup Red wine vinegar
- 1-1/2 tsp. Salt
- 1 tsp. Black pepper, ground
- 1 cup Basil, fresh, chopped, leaves only

Directions:

1. Remove kernels from corn cob. Defrost in cooler overnight if using frozen.
2. Cut each cherry tomato in half.
3. Whisk oil, vinegar, salt and pepper in a mixing bowl.
4. Add corn and cherry tomatoes to the mixing bowl. Fold all ingredients together lightly making sure not to crush tomatoes.
5. Sprinkle with fresh basil immediately before service.
6. Hold for cold service at 41°F or lower.