

DECEMBER 2018



I'm **TO-MAGIC-O**

GOOD EATS AT



Shallowater ISD

SPECIAL ANNOUNCEMENTS

Variety of milk served daily

Menus are subject to change without notice

M	T	W	TH	F
Steak Fingers, Roll & Gravy Philly Cheesesteak Sandwich Mashed Potatoes Carrot Coins Strawberries/Bananas 3	Spaghetti Bowl French Bread Pizza Garden Salad Cali Blend Veggies Fruit Cup Pudding 4	Boneless Chicken Wings Texas Chili Celery Sticks Carrots Orange Smiles Brownie 5	Mexican Combo Plate Chicken Quesadilla Corn Beans Fresh Fruit 6	Popcorn Chicken Sloppy Joe Broccoli Oven Fries Peaches 7
Breaded Drumstick Pizza Carrots Seasoned Corn Fresh Grapes Cookie 10	Crispy Tacos Frito Pie Fresh Veggie Cup Beans Orange Smiles 11	Ravioli Chicken Nuggets Mashed Potatoes Garden Salad Roll Pears 12	Ham/Cheeseburger Hot Dog Oven Fries Carrots Snowball Salad 13	Pulled Pork Sliders Chicken Parm Garden Salad Coleslaw Savory Green Beans Chilled Pineapple 14
Corn Dog Oven Roasted Chicken Tater Tot Broccoli Baked Beans Apple/pineapple D'Lite 17	Nacho Grande Taco Soup Beans Tiny Tomato Cup Cucumber Slices Peaches Sherbet Cup 18	Chicken Sandwich X-Treme Burrito Oven Fries Corn Fresh Veggie Cup Mandarin Oranges 19	Asian Chicken Hamburger Steak w/ gravy Roasted Potatoes Garden Salad Fruit Gelatin 20	Pizza Grilled Cheese Sandwich Carrots Crunchy Broccoli Salad Fresh Fruit Brownie 21
NO SCHOOL 24	MERRY CHRISTMAS 25			
				28
				31

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. In the year 1000, an emperor commanded nutrition magician Yita-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

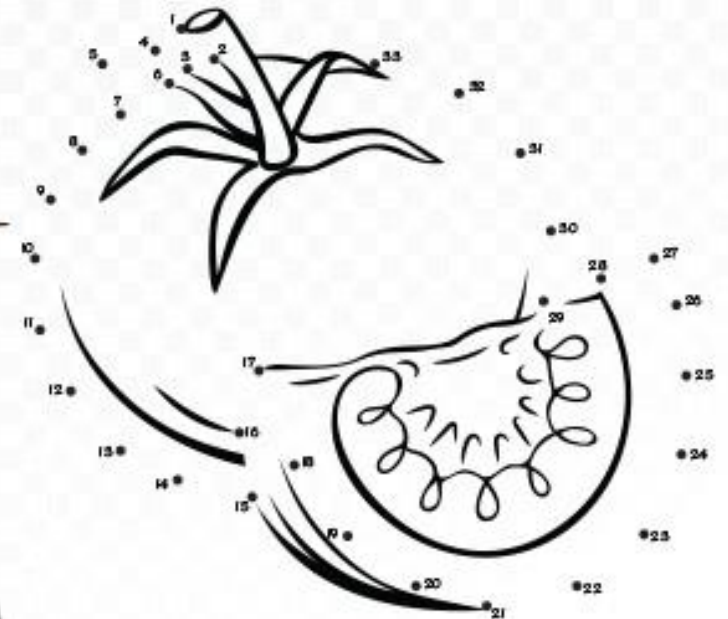
Q: What did the father tomato say to the baby tomato while on a family walk?

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.