

# DECEMBER 2018



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

**GOOD EATS AT**

## EHS LUNCH MENU

**SPECIAL ANNOUNCEMENTS**

M	T	W	TH	F
<p>1 PC. Macaroni &amp; Cheese w/ Ham 1/8 c. Snap Peas 1/8 c. Mixed Fruit 1/2 WW Dinner Roll 4 oz 1% Milk <b>3</b></p>	<p>2 Chicken Nuggets 1/8 c. Tossed Salad 1/2 Biscuit or Roll 1/8 c. Kiwi 4 oz 1% Milk <b>4</b></p>	<p>1/2 oz Hamburger on 1/2 oz WW Bun Lettuce/Tomato 1/8 c Pineapple Bits 4 oz 1% Milk <b>5</b></p>	<p>1 pc Lasagna 1/8 c. Peas &amp; Carrots 1/8 c. Mandarin Oranges 1/2 WW Dinner Roll 4 oz 1% Milk <b>6</b></p>	<p>Bean &amp; Cheese Burrito 1/8 c. Lettuce &amp; Tomato Salad 1/8 c. Fresh Green Apple Slices 4 oz 1% Milk <b>7</b></p>
<p>4 oz Turkey &amp; Bean Chili 1/2 Corn Muffin 1/8 c. Squash 1/4 c. Pears 4 oz 1% Milk <b>10</b></p>	<p>1/2 Chicken Fajitas 1/8 c. Refried Beans 1/8 c. Shredded Lettuce 1/8 c. Fruit Mix 4 oz 1% Milk <b>11</b></p>	<p>1 oz Salisbury Steak 1/8 c. Mashed Potatoes 1 Tbls. Brown Gravy 1/2 slc. WW Bread 1/8 c. Tropical Fruit 4 oz 1% Milk <b>12</b></p>	<p>1/2 c. Tuna &amp; Noodle Casserole 1/8 c. Green Beans 1/8 c. Apricots 1/2 WW Dinner Roll 4 oz 1% Milk <b>13</b></p>	<p>2 Fish Sticks 1/8 c. Sweet Potato Wedges 1/8 c. Kiwi 1/2 slc. WW Bread 4 oz 1% Milk <b>14</b></p>
<p>1/2 pc. Chicken Spaghetti 1/8 c. Spinach Salad 1/4 slc Garlic Toast 1/8 c. Pears 4 oz 1% Milk <b>17</b></p>	<p>1 Soft Beef Taco 1/8 c. Black Bean &amp; Corn Salsa 1/8 c. Diced Peaches 4 oz 1% Milk <b>18</b></p>	<p>1/3 c. Beef Goulash 1/8 c. Carrots 1/8 c. Strawberries 1/2 WW Dinner Roll 4 oz 1% Milk <b>19</b></p>	<p>5 Popcorn Chicken 1/8 c. Peas 1/8 c. Mangos 1/2 slc. WW Bread 4 oz 1% Milk <b>20</b></p>	<p>1/2 Grilled Ham &amp; Cheese 1/8 c. Tomato Soup 1/8 c. Apple Sauce 4 oz 1% Milk <b>21</b></p>
<p><b>CHRISTMAS BREAK</b> <b>24</b></p>	<p><b>CHRISTMAS BREAK</b> <b>25</b></p>	<p><b>CHRISTMAS BREAK</b> <b>26</b></p>	<p><b>CHRISTMAS BREAK</b> <b>27</b></p>	<p><b>CHRISTMAS BREAK</b> <b>28</b></p>
<p><b>CHRISTMAS BREAK</b> <b>31</b></p>				



## 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

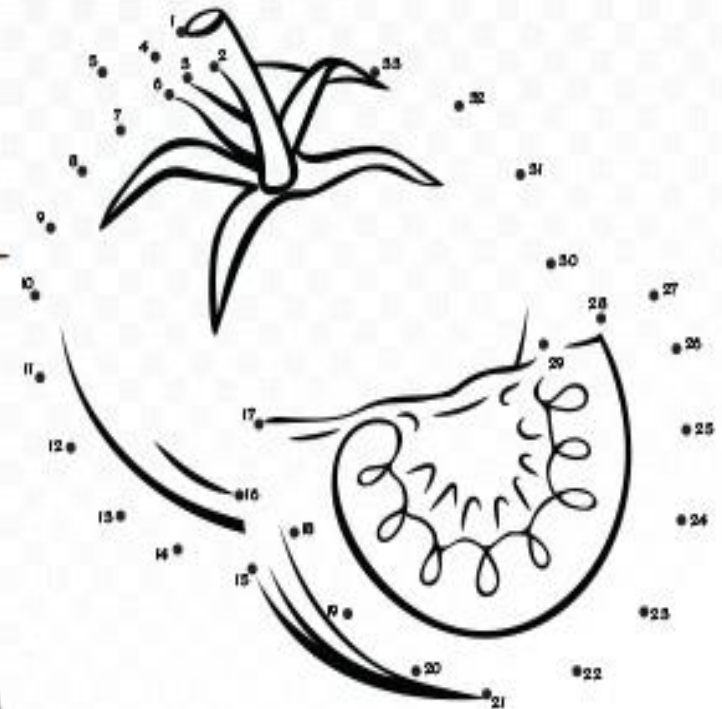
## JOKE OF THE MONTH

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.