

DECEMBER 2016

Special Announcements



Students will be out
December 15, 2016-
January 2, 2017
Happy Holidays



Monday	Tuesday	Wednesday	Thursday	Friday
			1. Early Bird Sandwich	2. Dutch Waffles/Bacon
			Hamburgers and Garnish Oven Fries Veggie Cup Orange Smiles Milk Variety	Chicken Parmesan Garden Salad Breadstick Green Beans Apple Slices Milk Variety
5. Pancakes/Sausage	6. Breakfast Pizza	7. Biscuit Egg Sausage	8. Kolache/ Yogurt	9. Breakfast Club
Steak Fingers Gravy Roll Mashed Potatoes Carrot Coins Strawberries/Bananas Milk Variety	French Bread Pizza Garden Salad California Blend Veg. Peaches Pudding Milk Variety	Chicken Quesadilla Seasoned Corn Seasoned Beans Salsa Cinnamon Applesauce Milk Variety	Texas Chili Cornbread Broccoli Bites Tomato Cup Orange Smiles Milk Variety	Popcorn Chicken Roll Oven Fries Cucumber Dippers Fruit Cookie Milk Variety
12. Waffles/Bacon	13. Biscuit Egg Ham	14. Cinnamon Roll	15. Pretzel Egg Sandwich	16
Hamburger and Garnish Oven Fries Baby Carrots Mixed Fruit Milk Variety	Asian Bowl Eggroll Tomato/Cucumber Cup Garden Salad Snowball Salad Milk Variety	Texas Basket Carrot Coins Apple Slices Cookie Milk Variety	BBQ on a Bun Coleslaw Pinto Beans Orange Smiles Milk Variety	Holiday
19.	20.	21.	22.	23.
Holiday	MERRY	CHRISTMAS	Holiday	We offer juice, milk, water, and a warm entrée daily.
26.	27.	28.	29.	30.
This institution is an equal opportunity provider.	Happy	New	Year	Melissa Clark Director (806) 428-3241 mclark@esc17.net

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.

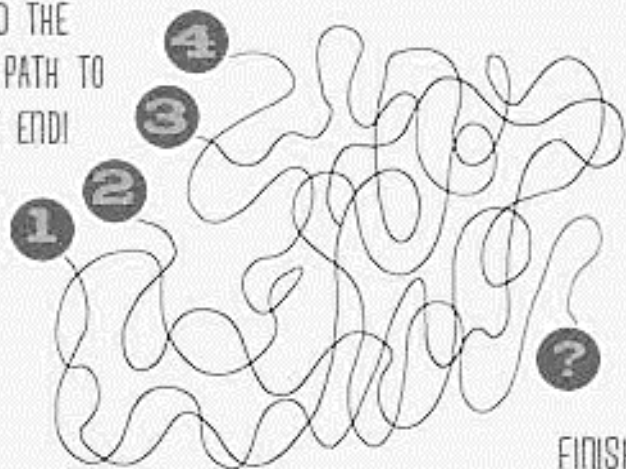
Growing Region: Rio Grande Valley



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

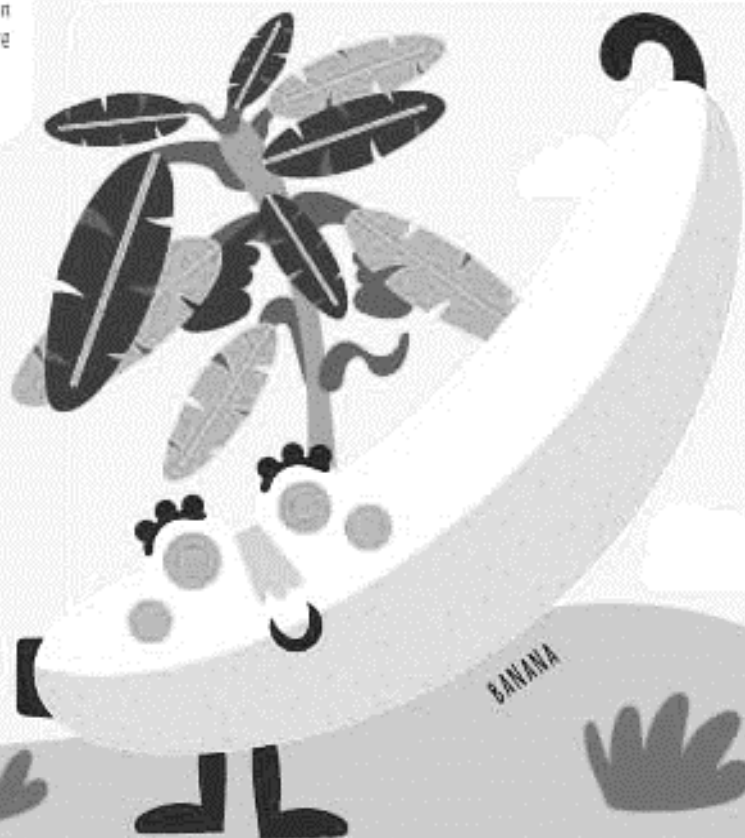
Growing Regions

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