



DECEMBER

2018

GOOD EATS AT

I'm TO-MAGIC-O

M T W TH F

Chicken Basket
Stuffed Crust Pizza
Green Beans
Healthy Salad
w/Ranch Dressing
Strawberries
Pears w/Cherry Top 3

BBQ Sandwich
Macaroni & Cheese
Baked Beans
Sweet Potatoes
Veggie Bar w/Ranch
Orange Smile
Peaches Cup 4

Salisbury Steak
Mashed Potatoes
w/Gravy
Sweet Peas
Whole Grain Roll
Raspberry Applesauce
Fruit Bowl 5

Stromboil w/Marinara
Buttered Corn
Chili Beans
Cubed Cheese Cup
Peaches w/Marshmallows
Mango Chunks 6

Chicken or
Hamburger on Bun
Sliced Cheese
Criss Cut Fries
Mix Vegetable Salad
Burger Veggies
Applesauce Cup
Fruit Slush 7

Chicken Basket
French Bread Pizza
Green Beans
Healthy Salad
w/Ranch Dressing
Strawberries
Blushing Pears 10

Honey McRib Sandwich
Cheesy Fries
Glazed Carrots
Veggie Bar w/Ranch
Orange Wedges
Peaches Cup 11

Boneless Chicken Wing
Mashed Potatoes
w/Gravy
Mix Vegetables
Whole Grain Roll
Strawberries Applesauce
Mixed Fruit 12

Breaded Chicken Leg
Whole Grain Roll
Buttered Corn
Pinto Beans
Cubed Cheese Cup
Pears w/Cream
Mango Chunks 13

Chicken or Hamburger
on Bun
Sliced Cheese
Fries
Green Pea Salad
Burger Veggies
Applesauce Cup
Fruit Slush 14

Chicken Basket
Stuffed Crust Pizza
Green Beans
Healthy Salad
w/Ranch Dressing
Strawberries
Pears w/Cherry Top 17

Chicken Spaghetti
Sweet Peas
Glazed Carrots
Veggie Bar w/Dressing
Bread Stick
Mixed Fruit
Orange Wedges 18

Chicken Chunk
Mashed Potatoes
w/Gravy
Mix Vegetables
Whole Grain Roll
Watermelon Applesauce
Fruit Bowl 19

Tacos w/Salad
Buttered Corn
Pinto Beans
Salsa, Peppers
Cubed Cheese Cup
Peaches w/Marshmallow
Mango Chunks 20

Chicken or Hamburger
on Bun
Cheese Slice
Fries
Burger Veggies
Applesauce Cup
Fruit Slush 21

SCHOOL HOLIDAY 24

Christmas Day 25

SCHOOL HOLIDAY 26

SCHOOL HOLIDAY 27

SCHOOL HOLIDAY 28

SCHOOL HOLIDAY 31

JOAQUIN ISD RAM CAFÉ
Lunch Menu
Elementary \$2.50
Junior High \$2.50
High School \$2.75
Adult \$3.50

SPECIAL ANNOUNCEMENTS

Snack Bar
Drinks \$1.00 Chips \$1.00
Cookies \$.50 Ice Cream \$1.00
Rice Krispies Treat \$1.00
Dipping Dots \$2.50
Entrée \$2.00 Side Dishes \$1.00
Must have cash for snack bar.
No Charging Snacks.
Choice of milk everyday:
White 1% Low Fat or Flavored
Fat Free. Menus are subject
to change without notice.

TO-MAGIC-O

Tomato

The oldest of the superheroes, To-magic-o became a tomato superhero thousands of years ago. An ancient 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.

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.



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?

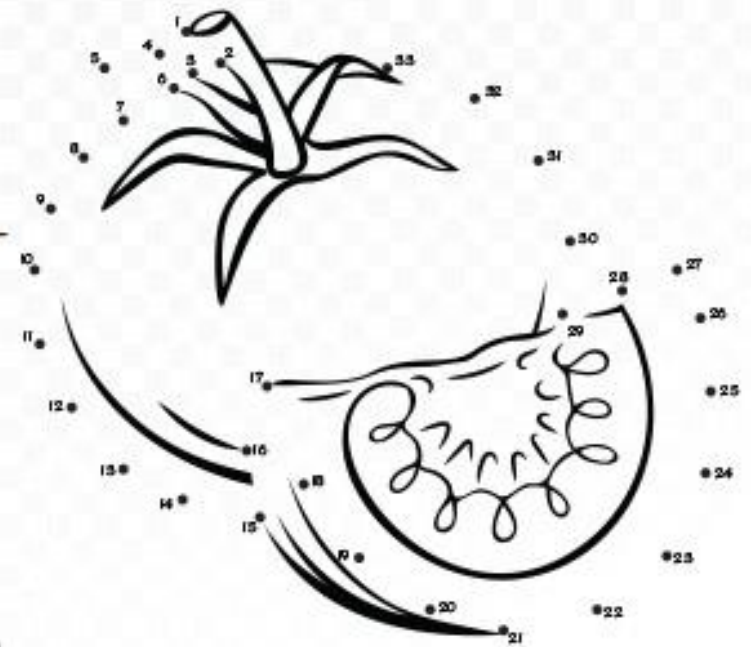
A: Ketchup.

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.



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TO-MAGIC-D

M	T	W	TH	F
<p>Grilled Cheese Sandwich Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly</p> <p>3</p>	<p>Eggs, Cheese & Ham Roll-Up Assorted Cereals Cheese Toast Orange Wedges Assorted Juice</p> <p>4</p>	<p>Breakfast Pizza Assorted Cereals Yogurt Applesauce Assorted Juice</p> <p>5</p>	<p>Breakfast Slider w/Jelly Assorted Cereals Pop tart Orange Wedges Assorted Juice</p> <p>6</p>	<p>Donut Assorted Cereals Cinnamon Toast Cheese Stick Applesauce Cup Assorted Juice</p> <p>7</p>
<p>Cheese Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly</p> <p>10</p>	<p>Hot Pocket Assorted Cereals Cheese Toast Orange Wedges Assorted Juice</p> <p>11</p>	<p>Pancake on Stick Syrup Assorted Cereals Yogurt Applesauce Assorted Juice</p> <p>12</p>	<p>Breakfast Buritto w/Jelly Assorted Cereals Pop tart Orange Wedges Assorted Juice</p> <p>13</p>	<p>Honey Bun Assorted Cereals Cinnamon Toast Cheese Stick Applesauce Cup Assorted Juice</p> <p>14</p>
<p>Grilled Cheese Sandwich Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly</p> <p>17</p>	<p>Cheese Quesadilla w/Ham & salsa Assorted Cereals Cheese Toast Orange Wedges Assorted Juice</p> <p>18</p>	<p>Breakfast Pizza Assorted Cereals Yogurt Applesauce Assorted Juice</p> <p>19</p>	<p>Breakfast Slider w/Jelly Assorted Cereals Pop tart Orange Wedges Assorted Juice</p> <p>20</p>	<p>Donut Assorted Cereals Cinnamon Toast Cheese Stick Applesauce Cup Assorted Juice</p> <p>21</p>
SCHOOL HOLIDAY 24	CHRISTMAS DAY 25	SCHOOL HOLIDAY 26	SCHOOL HOLIDAY 27	SCHOOL HOLIDAY 28
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JOAQUIN ISD RAM CAFÉ
Breakfast Menu
Elementary \$1.75
Junior High \$1.75
High School \$1.75
Adult \$2.25

SPECIAL ANNOUNCEMENTS

Choice of milk everyday:
White 1% Low Fat or
Flavored Fat Free.

Menus are subject to
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

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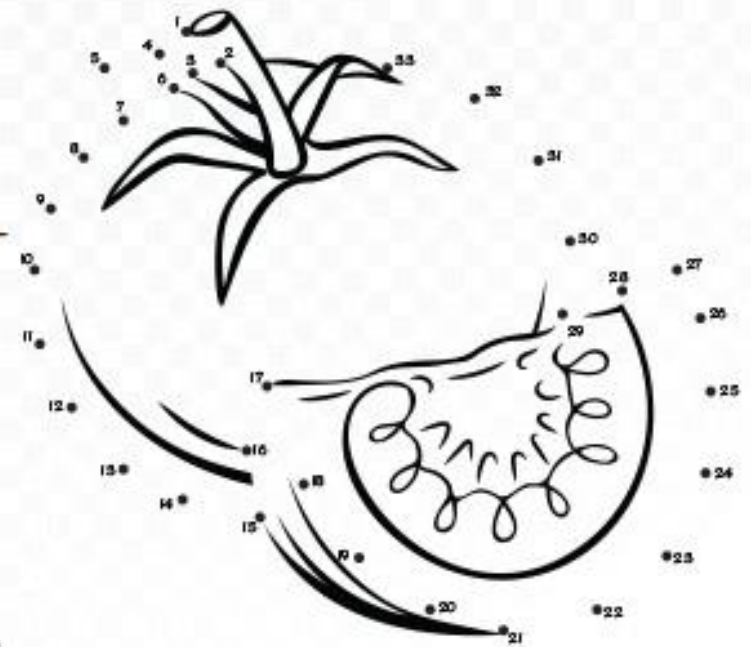
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