

# DECEMBER 2018



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

M	T	W	TH	F
CORNDOG OR BBQ SANDWICH BABY CARROTS W/ DIP STEAMED CORN STRAWBERRY CUPS MILK 3	PEPPERONI PIZZA OR CHEESY BITES GREEN PEAS COOKED CARROTS PIZZA SAUCE BLUEBERRIES W/ TOPPING MILK 4	POPCORN CHICKEN MASHED POTATOES BLACK EYED PEAS FRESH FRUIT HOMEMADE ROLL MILK 5	CHEESEBURGER CURLY FRIES BAKED BEANS BURGER SALAD RAISELS MILK 6	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS GARDEN SALAD APPLESAUCE MILK 7
STEAKFINGERS OR FISH STICKS MASHED POTATOES GREEN BEANS BLUEBERRIES W/ TOPPING HOMEMADE ROLL MILK 10	ASIAN CHICKEN OR POPCORN CHICKEN CHEESY BROCCOLI COOKED CARROTS FRESH FRUIT FRIED RICE MILK 11	CHEESEBURGER OR CORNDOG BITES POTATO SMILES BURGER SALAD BAKED BEANS RAISELS MILK 12	PEPPERONI PIZZA OR CHEESY BITES CALIFORNIA VEGGIES PIZZA SAUCE GARDEN SALAD APPLESAUCE MILK 13	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS FRESH SALSA STEAMED CORN STRAWBERRIES MILK 14
CHICKEN FRIED STEAK OR CHICKEN NUGGETS CHEESY BROCCOLI SWEET POTATOES PEACH POPS MAC N CHEESE MILK 17	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS GARDEN SALAD BLUEBERRIES W/ WHIP TOPPING MILK 18	OVEN FRIED CHICKEN OR POPCORN CHICKEN MASHED POTATOES COOKED CARROTS APPLE SLICES HOMEMADE ROLL MILK 19	PANCAKES WITH SAUSAGE OR EGGS BABY CARROTS W/ DIP HASHBROWNS STRAWBERRIES MILK 20	CHEESEBURGER OR CORNDOG BITES TATER TOTS BURGER SALAD BAKED BEANS RAISELS MILK 21

**GOOD EATS AT**

**HENDERSON  
ISD**

**SPECIAL  
ANNOUNCEMENTS**

Please join us for  
breakfast!

PK-5<sup>th</sup> grade eats  
breakfast at no  
charge to your  
family.

Merry Christmas!!

24	25	26	27	28
31				



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
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

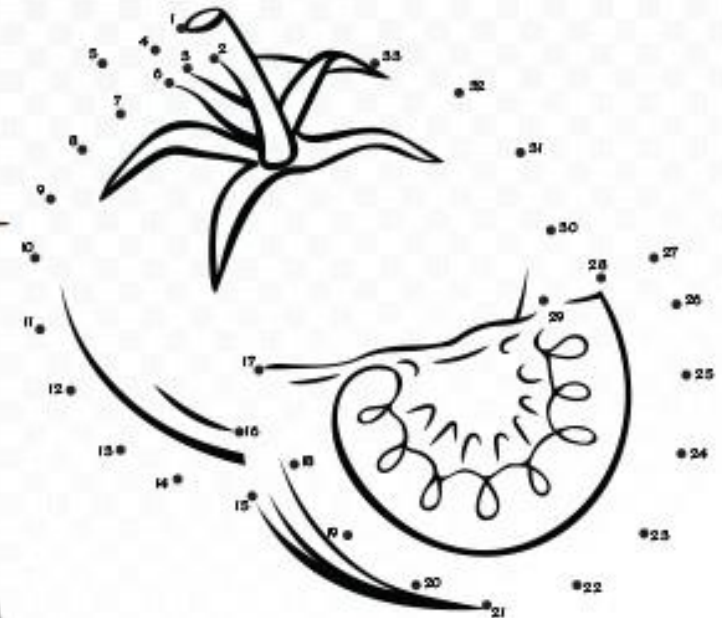
## JOKE OF THE MONTH

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.