

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

**NEWCASTLE
ISD**

**SPECIAL
ANNOUNCEMENTS**

Menu is subject to change.

Served Daily:
Variety of Milk
Variety of Juice
Variety of Cereal

M	T	W	TH	F
Breakfast: Breakfast Pizza Lunch: Taqitos Queso, Beans, Fruit 3	Breakfast: Chicken~N~Biscuit Lunch: Meatball Sub Tater Tots Fruit 4	Elem/JH UIL 5	Breakfast: Sausage Kolache Lunch: Pizza Choice Corn, Fruity Gelatin 6	Breakfast: Sausage Biscuit Lunch: Hamburger/ Cheeseburger Cucumbers, Fruit 7
Breakfast: Pancakes & Bacon Lunch: Steakfingers Mashed Potatoes Fruit 10	Breakfast: Sunrise Sandwich Lunch: Spaghetti Bowl Steamed Veggies Fruit 11	Breakfast: French Toast Lunch: Chili, Cornbread Veggies, Fruit 12	Breakfast: Oatmeal Lunch: Quesadilla's Beans, Fruit 13	Breakfast: Breakfast Burrito Lunch: Sloppy Joe, Fries Broccoli, Fruit 14
Breakfast: Sausage Kolache Lunch: Breaded Drumstick Corn, Fruit 17	Breakfast: Breakfast Taquito Lunch: Tacos Veggies, Fruit 18	Breakfast: Breakfast Pizza Lunch: Chicken Nuggets Mashed Potatoes Salad, Fruit 19	Christmas Holiday 20	Christmas Holiday 21
Christmas Holiday 24	Christmas Holiday 25	Christmas Holiday 26	Christmas Holiday 27	Christmas Holiday 28
Christmas Holiday 31				



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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 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.

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

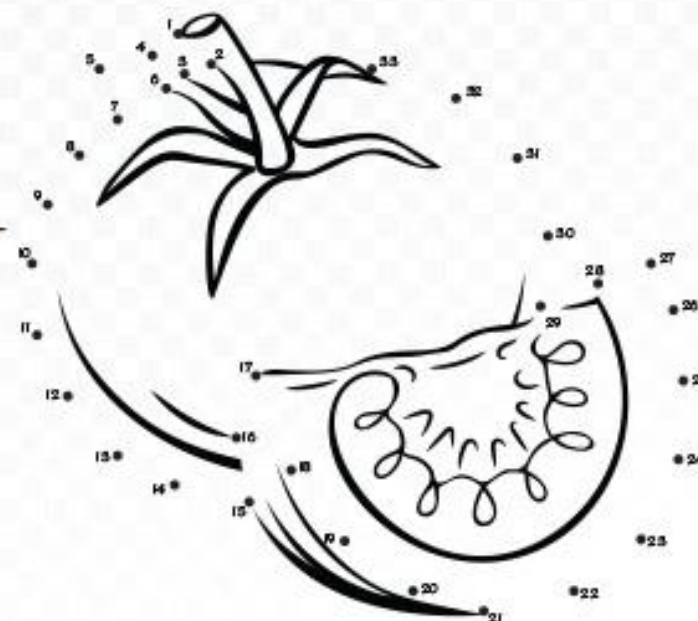
JOKE OF THE MONTH

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.