

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

Charlotte Elementary Cafeteria

SPECIAL ANNOUNCEMENTS

Christmas Holidays
December 21- January 8,
2019

Have A Merry Christmas &
a Happy & Safe New Year

M	T	W	TH	F
Mini Pancakes General TSO Chicken Brown Rice Oriental Veggies Fruit & Milk 3	Breakfast on a Bagel Beef Burritos Pinto Beans Salad Fruit & Milk 4	Pancake on a Stick Hamburgers Sweet Tater Tots Lettuce & Tomato Fruit & Milk 5	Biscuit & Sausage Ham & Cheese Subs Baked Chips Salad Fruit & Milk 6	Breakfast Donut Pizza Sticks Garden Salad Corn Fruit & milk 7
Breakfast Muffins Chicken Nuggets Baked Fries Toast Fruit & Milk 10	Breakfast Burrito Chicken Fajita Tacos Rice Beans Fruit & Milk 11	Cereal & Crackers Chicken Burgers Burger Salad/Pickles Baked Chips Fruit & Milk 12	Pigs in a Blanket Hot Dogs Baked Beans Carrot Sticks/Dip Fruit & Milk 13	Pop Tarts & Crackers Pepperoni Pizza Garden Salad Corn Fruit & Milk 14
Breakfast Waffles Baked Chicken Mashed Potatoes/Gravy Peas Roll Fruit & Milk 17	Breakfast Pizza Beefy Nachos Pinto Beans Salad Fruit & Milk 18	French Toast Sticks Hamburgers Baked Fries Burger Salad/Pickles Fruit & Milk 19	Mini Cinnamon Rolls Ham Sandwiches Lettuce & Tomato Baked Chips Fruit & Milk 20	21
24	25	26	27	28
31				

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 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.



TO-MAGIC-O'S
FAVORITE
ACTIVITIES
Basketball and Karate

JOKE OF THE MONTH

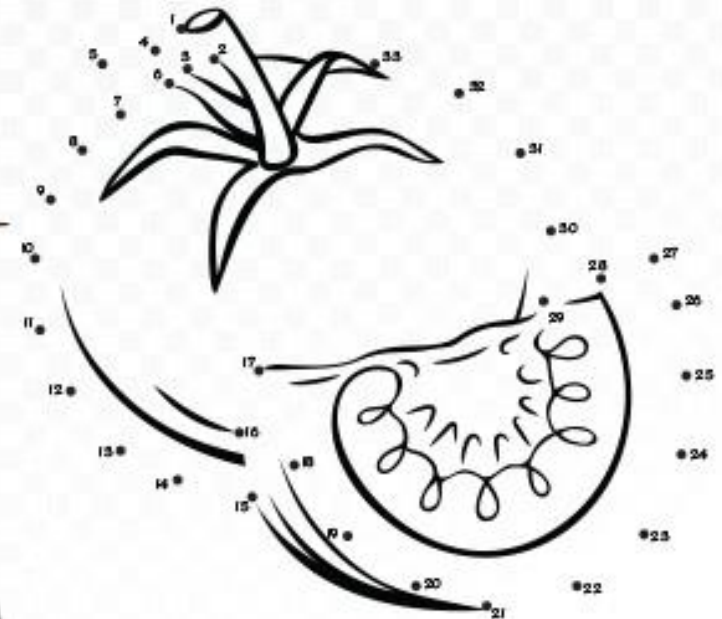
Q: What did the father tomato say to the baby tomato while on a family walk?

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.