

DECEMBER 2017

MON TUE WED THUR FRI

Special Announcements

BREAKFAST MENU

- Monday-Muffin, Cereal
- Tuesday-Biscuit, Eggs
- Wednesday-Pig in Blanket, Cereal
- Thursday-Pancakes, Sausage
- Friday-French Toast Sticks, Cereal
- Fresh Fruit offered Daily
- Juice-Apple or Orange
- Milk-White or Chocolate

Good Eats at:
WEIMAR ISD

1225
Christmas Day

| | | | | |
|--|---|--|---|---|
| | | | | Pizza Corn Garden Salad Applesauce Milk 1 |
| Chicken Tenders Mashed Potatoes Carrots Pears Milk 4 | Fish Squares Pinto Beans Green Beans Peaches Milk 5 | Corndog Baked Beans Broccoli Mandarin Oranges Milk 6 | Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 7 | Pizza Corn Garden Salad Applesauce Milk 8 |
| Chicken Nuggets Mashed Potatoes Green Beans Pears Milk 11 | Sausage Roll Baked Beans Broccoli Pineapple Milk 12 | Chicken Tetrazzini Carrots Sweet Peas Peaches Bread Milk 13 | Lasagna Corn Vegetable Blend Mixed Fruit Bread Milk 14 | Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 15 |
| Steak Fingers Mashed Potatoes Carrots Pears Milk 18 | Spaghetti with meat sauce Bread Green Beans Broccoli Fruit Mix Milk 19 | Pizza Corn Garden Salad Applesauce Milk 20 | Christmas Dec 21 – Jan 3 21 | 22 |
| Merry Christmas 25 | 26 | 27 | 28 | 29 |

+200
+100

+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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SPINACH

Hi there. My name is Sasha and I'm one of the most famous members of the leafy "greens" group. A famous cartoon named Popeye helped make the spinaches famous. We won't actually make you super-strong like Popeye, but we do have good things for your skin, eyes, and healthy functioning of the body like lots of vitamins A and K. Texas is ranked second in the country for growing spinach. I have flat, smooth leaves but my brother Savoy has dark green, curly leaves. We can taste great raw in a salad or on a sandwich or cooked or steamed in sauces.



QUICK LIFE!

We are fast growers and become full-grown in about six to eight weeks from the time we are planted. Farmers pick us when we have about 10-12 leaves by pulling us right out of the ground.

Letter SCRAMBLE

snpiahc eevlsa

FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.

Launch PAD

SPINACH GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley



Joke of the MONTH

Q: Why are spinach leaves never lonely?

A: Because they come in bunches.



Exercise for the FUN OF IT!

In addition to eating vegetables like spinach, exercising and playing are important to your health. When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!