

DECEMBER

Special Announcements

Menu Is subject To Change

100% Juice, whole fruit and choice of milk served with breakfast.

Choice of milk is served with lunch.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Hermleigh ISD



1 Ham/Egg & Cheese Combo or Cereal

Meatball Subs
Baked Chips
Veggie Dippers
Fresh Fruit
Cookies

2 Kolaches or Cereal
Ham & Dressing
Rolls/Gravy
Mashed Potatoes
Green Beans
Fruit Salad

5 Pancake Pup or Cereal

Frito Pie
Petit Tomatoes/Broccoli
Ranch Beans
Orange Smiles
Yogurt

6 Breakfast Croissant or Cereal

Beef Spaghetti
Garden Salad
Garlic Bread
Seasoned Corn
Peaches

7 Biscuits & Sausage Gravy

Chicken Nuggets/Gravy
Honey Wheat Rolls
Mashed Potatoes
Mixed Fresh Veggies
Mixed Fruit

8 Breakfast Wrap or Cereal

French Bread Pizza
Garden Salad
Seasoned Corn
Apple Slices

9 Breakfast Pastries & Yogurt or Cereal

Cheeseburger
Burger Salad
Tater Tots
Fresh Fruit
Cookie

12 Strawberry Frudels or Cereal

Beef Nachos
Garden Salad
Refried Beans
Tomato Wedges
Peaches

13 Sausage Biscuits or Cereal

Fish Nuggets
Macaroni & Cheese
Fresh Veggies
Green Beans
Pink Applesauce

14 Ham/Egg & Cheese Combos

Chicken Crisпитos
Garden Salad
Ranch Bean
Orange Smiles
Wg Cookies

15 Assorted Muffins or Cereal

Ham & Cheese Pretzel Bun
Tater Tots
Cucumbers & Tomatoes
Mixed Fruit
Yogurt

16 Sausage Rolls or Cereal

PB & J Uncrustables
Baked Chips
Baby Carrots
Fresh Fruit
Rice Crispy Treat

19

20

21

22

23

Holiday Break

26

27

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30

Holiday Break

Lemons

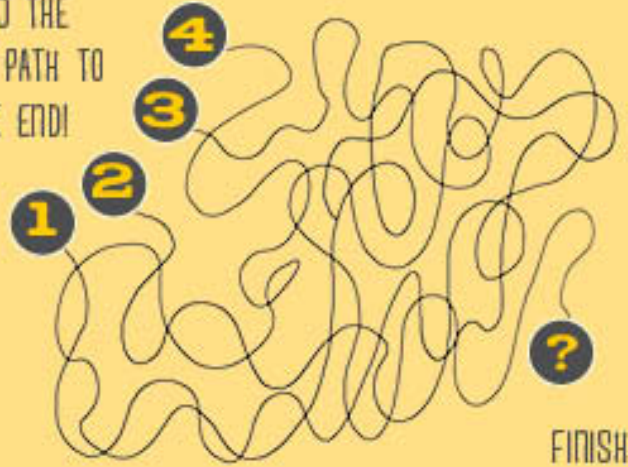
Lemons are a yellow fruit used primarily for juice. They are picked from an evergreen tree that blooms and provides fruit year round. Lemons are very sensitive to cold weather, and since Texas has some colder months in the year they cannot survive for long periods in the Valley region.

Lemons are very sour and are mostly used to add flavor to foods such as fish, chicken, desserts and drinks, such as lemonade. Freshly squeezed lemonade can be made at home with water, lemon juice, a little sugar and ice.

Because lemons contain citric acid you can put the juice on bananas, apples and avocados to keep them from turning brown.

Growing Region: Rio Grande Valley

FIND THE
RIGHT PATH TO
THE END!



Joke of the Month

Q. What do you give an injured lemon?
see answer below.



— East Texas

— Rio Grande Valley

Growing Regions

Did You Know?



The next time you are cooking with your parents and you are using lemons ask them to press firmly on a lemon and roll it on the kitchen countertop. It will release more juices when they cut it open.

Bananas

Bananas grow on tropical, tree-like plants that are usually about 16 feet tall and start producing fruit when they have 10 to 15 months of warm weather. If it gets too cold the plant will stop growing and not produce fruit. Banana plants are the largest plants on earth without a woody stem.

Bananas are a good source of potassium. If you play sports or are active for long periods of time potassium may help to reduce muscle cramps.

Growing Regions: East Texas and Rio Grande Valley



Visit: SquareMeals.org/SeasonalityWheel