

# DECEMBER 2018



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

**GOOD EATS AT**

**GRAFORD ISD Lunch Menu**  
This institution is an equal opportunity provider

M	T	W	TH	F
Pizza Sticks Marinara Sauce Garden Side Salad Baby Carrots Fruit Variety Milk Choice <b>3</b>	Popcorn Chicken Mashed Potatoes Gravy w/ ROLL Peas & Carrots Fruit Variety Milk Choice <b>4</b>	Frito Pie w/ chili Pinto Beans Lettuce & Tomatoes Shredded Cheese Fruit Variety Milk Choice <b>5</b>	Spaghetti Cheesy Bread Sticks Cucumber & Tomato cup w/ dressing Fruit Variety Milk Choice <b>6</b>	Breaded Chicken Sandwich Sandwich Salad French Fries Broccoli tops w/ ranch Fruit Variety Milk Choice <b>7</b>
Mini Corn Dogs Baked Beans Celery Sticks w/ Peanut Butter Fruit variety Milk choice <b>10</b>	Chicken Fajitas Roasted Veggies Pinto Beans Fruit Variety Milk Choice <b>11</b>	Salisbury Steak Mashed Potatoes w/brown gravy Bread Slice Corn Fruit Variety Milk Choice <b>12</b>	Orange Chicken Steamed Veggies Lettuce w/ tomatoes Fruit Variety Milk Choie <b>13</b>	Hamburger or Cheeseburger Burger Fixins Potato Smiles Fruit Variety Milk Choice <b>14</b>
Pizza Choice Seasoned Corn Broccoli w/ ranch Fruit Variety Milk Choice <b>17</b>	Chicken Rings Potato Wedges roll Glazed Carrots Fruit variety Milk choice <b>18</b>	Burritos Cheese Sauce Pinto Beans Celery Sticks Fruit variety Milk choice <b>19</b>	Chicken Spaghetti Garlic Toast Steamed veggies Seasoned Corn Fruit Variety Milk Choice <b>20</b>	Hamburger Burger Toppings Baked Chips Celery Sticks Fruit variety Milk choice <b>21</b>
<b>NO SCHOOL</b> <b>24</b>	<b>MERRY CHRISTMAS</b> <b>25</b>	<b>NO SCHOOL</b> <b>26</b>	<b>NO SCHOOL</b> <b>27</b>	<b>NO SCHOOL</b> <b>28</b>
<b>NO SCHOOL</b> <b>31</b>				

**SPECIAL ANNOUNCEMENTS**

**LUNCH PRICES**  
 PK-8.....\$2.10  
 9-12.....\$2.35  
 REDUCED.....40c  
 ADULTS.....\$3.70  
 ALTERNATE MEALS FOR  
 JH & HS  
 BAKED POTATO W/  
 FIXINS  
 CHEF SALAD



## 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

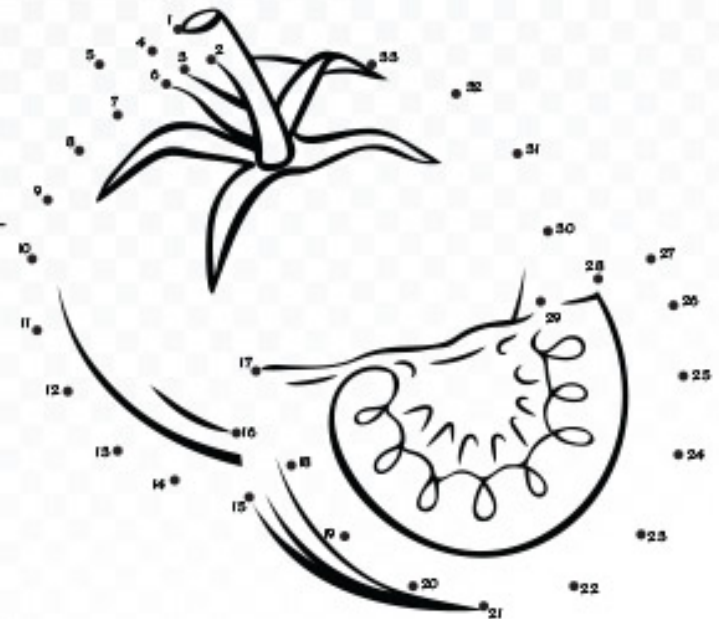
## JOKE OF THE MONTH

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.