

# DECEMBER

## Special Announcements

### Have A Very Merry Christmas!!!!

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Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Tenaha ISD  
Elementary & Junior High



Breakfast- Scrambled eggs, toast  
Lunch-BBQ sandwich, black eyed peas, sweet potato tots, fruit, milk,

Breakfast- Pancake on a stick  
Lunch- Tiger chicken, cheese, fixins, fries, fruit, milk

5  
Breakfast-Sausage, Biscuit  
Lunch- Chicken Taco, lettuce, cheese, pinto beans, carrots, pineapple, milk,

6  
Breakfast- Omelet, toast  
Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, carrots, fruit, milk

7  
Breakfast- Pizza  
Lunch- Chicken fried steak, potatoes, gravy, bread, green beans, pears, milk,

8  
Breakfast- Sausage, toast  
Lunch-Hot ham & cheese, pickle spears, broccoli, chips, carrots, milk

9  
Breakfast-Waffles, fruit, juice, milk  
Lunch- Tiger Burger, cheese, fixins, fries, milk, applesauce

12  
Breakfast- Biscuit, gravy  
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, milk

13  
Breakfast-Sausage Biscuit  
Lunch-Pizza, salad, carrot sticks, corn, peaches, milk

14  
Breakfast- omelet, toast  
Lunch- Spaghetti, garlic toast, green beans, salad, peaches, milk

15  
Breakfast- Pizza  
Lunch- Hot Dog, chips, carrots, salad, pears, milk

16  
Breakfast- Pancake on a stick  
Lunch- Tiger chicken, cheese, fixins, fries, fruit, milk

19  
Breakfast- Sausage, Toast  
Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, pineapple

20  
Breakfast-Waffles, fruit, juice, milk  
Lunch- Bag Lunch Early Release

21

22

23

# MERRY

26

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# CHRISTMAS!!

# 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



## 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.

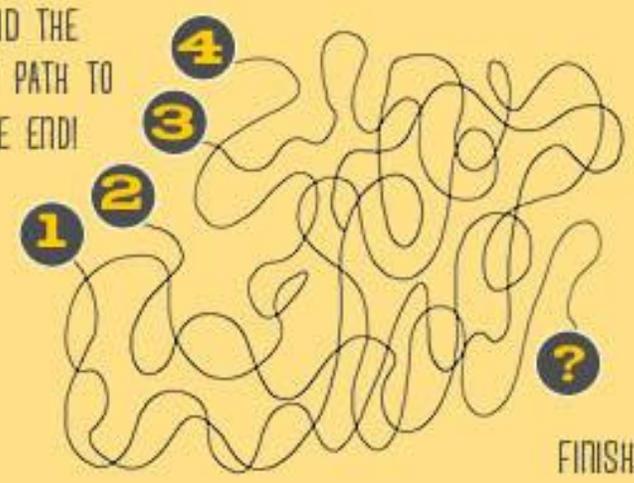
Bananas are a good source of potassium. If you play sports or are active for long periods of time potassium may help to reduce muscle cramps.

Growing Regions: East Texas and Rio Grande Valley

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)



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