

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

DECEMBER



MONDAY



Breakfast- French toast sticks
Lunch- Mini corn dogs, carrots, broccoli, fruit mix, milk

7

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

14

TUESDAY

Breakfast- French toast sticks
Lunch- Chicken nuggets, tots, green beans, fruit, milk,

1

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

8

Breakfast- Chicken Biscuit,
Lunch- Steak fingers, potatoes, gravy, green beans, fruit

15

WEDNESDAY

Breakfast- Biscuit, gravy
Lunch- Spaghetti, garlic toast, corn on cob, salad,

2

Breakfast- Scrambled eggs, toast
Lunch- Chicken Spaghetti, roll, green beans, salad, fruit, milk

9

Breakfast- Biscuit, Gravy
Lunch- Grilled cheese, soup, salad, peaches, milk

16

THURSDAY

Breakfast- Pizza
Lunch- Nachos, meat, cheese, pinto beans, fruit, pineapple

3

Breakfast- Mini Pancakes
Lunch- Pizza, corn, salad, oranges, milk

10

Breakfast- Mini Waffles
Lunch- Hot Dog, chips, carrots, pears, milk

17

FRIDAY

Breakfast- Waffles
Lunch- Tiger Burger, fixins, fries, fruit, milk

4

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

11

Breakfast- French Toast sticks
Lunch- Bag Lunch

18

GOOD EATS AT:

Tenaha ISD
Elementary & Junior High



SPECIAL ANNOUNCEMENTS

Have a very Merry Christmas and A Happy New Year!!!

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Merry Christmas &
Happy New Year!

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IT'S DECEMBER!

End the year on a nutritional high-note by making delicious vegetables—including potatoes—part of the Great Plate of Texas!

FOOD: Potatoes CATEGORY: Vegetable

WHERE TO FIND IT: Produce section of the supermarket

DISTINGUISHING CHARACTERISTICS:

A fleshy, starchy vegetable covered by an outer skin. The inside of a potato is white or yellowish, while the outer skin can be a variety of colors, most commonly brown, tan, red or white.



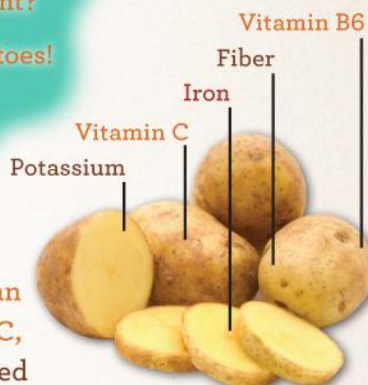
JOKE:

Q: What do you get when you cross a potato with an elephant?

A: Mashed potatoes!

WHAT TO KNOW:

Potatoes are a good source of iron and an excellent source of potassium, vitamin C, fiber and vitamin B6. Potatoes are packed with energy and are naturally low in fat and sodium. When prepared in a healthy way, it is a tasty and smart part of your lunch plate. Potatoes are an excellent source of many nutrients that are good for your heart, skin, brain and digestion.



DID YOU KNOW?:

Potatoes come in many varieties including the sweet potato that typically has a pointed end and vibrant orange flesh inside. Texas sweet potatoes are packed with Vitamin A which helps your vision.



FUN FACT:

The potato was the first vegetable to be grown in space.



COMING IN JANUARY:

CORN!



EXPLORER'S NOTEBOOK:

In Texas, potatoes have two growing seasons. Potato seeds can be planted in winter for a summer harvest or summer for a fall harvest. Whenever you eat them,

remember to eat the skin too because about 20% of potato nutrition is found in the skin.



PARTS OF A POTATO!

Potato Flower _____

Stem _____

Tuber _____

