

**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, pudding
Opt.- Nuggets **7**

Breakfast- Biscuit, gravy
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, milk, rice
Opt.- Gordita **14**

TUESDAY

Breakfast- French toast sticks
Lunch- Chicken nuggets, tots, green beans, fruit, milk, bread
Opt.- Corndog **1**

Breakfast- Sausage, Toast
Lunch- Beef Taco Pie, pinto beans, tortilla chip, pineapple, milk, rice
Opt.- Gordita **8**

Breakfast- Chicken Biscuit,
Lunch- Steak fingers, potatoes, gravy, green beans, fruit, bread
Opt.- Nuggets **15**

WEDNESDAY

Breakfast- Biscuit, gravy
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk, jello
Opt.- Chic. Sand. **2**

Breakfast- Scrambled eggs, toast
Lunch- Chicken Spaghetti, roll, green beans, salad, fruit, milk, jello
Opt. Chic Sand **9**

Breakfast- Biscuit, Gravy
Lunch- Grilled cheese, soup, salad, peaches, milk, crackers
Opt. -Pizza **16**

THURSDAY

Breakfast- Pizza
Lunch- Nachos, meat, cheese, pinto beans, fruit, pineapple, pudding
Opt.- Gordita **3**

Breakfast- Mini Pancakes
Lunch- Pizza, corn, salad, oranges, milk, pudding
Opt.- Burger **10**

Breakfast- Mini Waffles
Lunch- Hot Dog, chips, carrots, pears, milk, chil, cheese
Opt- Chic. Sand. **17**

FRIDAY

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

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
High School

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.



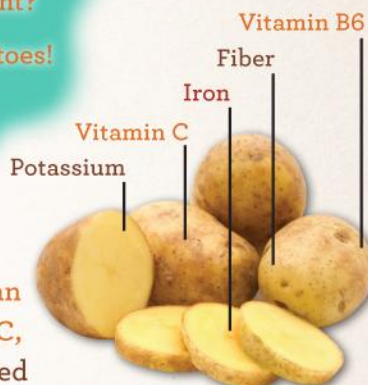
JOKE:

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 _____

