

DECEMBER 2017

MON TUE WED THUR FRI

Special Announcements

IT'S THE MOST WONDERFUL TIME OF THE YEAR

Good Eats at:
NEW HOME ISD.
LUNCH MENU

12.25
Christmas Day

Pulled Pork
Coleslaw
Or
Chicken Parmesan
Garden Salad
Breadstick
Or
Chicken Salad
Savory Green Beans
Apple Slices 1

+200
+100
+50

Corn Dog
Tater Tots
Or
Oven Roasted Chicken
Broccoli Bites
Roll
Or
Santa Fe Salad
Baked Beans
Apple-Pineapple D'Lite 4

Nachos Grande
Refried Beans
Salsa
Lettuce & Tomato Garnish
Or
Taco Soup
Cornbread
Or
Santa Fe Salad
Tiny Tomato Cup
Cucumber Slices
Peaches
Lime Sherbet 5

Chicken Sandwich
Oven Fries
Or
X-Treme Burrito
Salsa
Seasoned Corn
Lettuce & Tomato Garnish
Or
Santa Fe Salad
Veggie Cup
Mandarin Oranges 6

Asian Bowl
Eggroll
Or
Salisbury Steak
Or
Santa Fe Salad
Garden salad
Fruity Gelatin 7

Pizza Choice
Or
Ham & Cheese Melt
Or
Santa Fe Salad
Baby Carrots
Crunchy Broccoli Salad
Fresh Seasonal Fruit
Brownie 8

Chicken Tenders
Toast Triangle
Gravy
or
Hamburger/Cheeseburger
Hamburger Garnish
Broccoli
Sweet Potato Fries
Mixed Fruit
Crispy Cereal Treat 11

Chicken Spaghetti
Breadstick
Or
Pizza
Garden Salad
Carrots
Apple Slices 12

Shrimp Poppers
Mac & Cheese
Or
BBQ on a Bun
Coleslaw
Savory Green Beans
Orange Smiles 13

Early Release 14

Early Release 15

M 18

E 19

R 20

R 21

Y 22

CH 25

RI 26

ST 27

MA 28

S 29



Fun facts on back! >

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Special Announcements

IT'S THE MOST WONDERFUL TIME OF THE YEAR

Good Eats at:
NEW HOME ISD.
BREAKFAST MENU

12.25
Christmas Day

DONUT HOLES
SAUSAGE
OR
Muffin /Yogurt
Fruit Juice
Fruit
Milk Variety 1

+200
+100

Pancakes /Sausage Or Cereal /Toast Fruit Juice Fruit Milk Variety 4	Breakfast Burrito Hash Browns Or PBJ Fruit Juice Fruit Milk Variety 5	Biscuit, Scrambled Egg, Bacon Or Muffin /Yogurt Fruit Juice Fruit Milk Variety 6	Sausage Kolache Yogurt Or PBJ Fruit Juice Fruit Milk Varietv 7	Breakfast Club Or Muffin/Yogurt Fruit Juice Fruit Milk Variety 8
Waffles Bacon Or Cereal/Toast Fruit Juice Fruit Milk Variety 11	Cinnamon roll Sausage Or Cereal Bar Fruit Juice Fruit Milk Variety 12	Breakfast Pizza Or Breakfast Parfait Fruit Juice Fruit Milk Variety 13	Sausage, Egg, & Cheese Sandwich Or Breakfast Crackers Cheese Stick Fruit Juice Fruit Milk Variety 14	Biscuit, Gravy Scrambled Eggs Or Cereal/Toast Fruit Juice Fruit Milk Varietv 15
M 18	E 19	R 20	R 21	Y 22
C H 25	R I 26	S T 27	M A 28	S 29



Fun facts on back! ➔

SPINACH

Hi there. My name is Sasha and I'm one of the most famous members of the leafy "greens" group. In the 1930s, the cartoon character Popeye helped make me famous. We won't actually make you super-strong like Popeye, but we do have good things for your skin, eyes, and healthy functioning of the body like lots of vitamins A and K. Texas is ranked second in the country for growing spinach. I have flat, smooth leaves but my brother Savoy has dark green, curly leaves. We can taste great raw in a salad or on a sandwich or cooked or steamed in sauces.



QUICK LIFE!

We are fast growers and become full-grown in about six to eight weeks from the time we are planted. Farmers pick us when we have about 10-12 leaves by pulling us right out of the ground.

Letter SCRAMBLE

snpiahc eevlsa

FUN FACT

The spinach-growing town of Crystal City, Texas built a statue of Popeye in 1937.

Launch PAD

SPINACH GROWING REGIONS

1. The High Plains
2. Winter Garden
3. Rio Grande Valley

Joke of the MONTH

Q: Why are spinach leaves never lonely?

A: Because they come in bunches.



Exercise for the FUN OF IT!

In addition to eating vegetables like spinach, exercising and playing are important to your health. When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!