

DECEMBER

Announcements

Breakfast with Santa Tuesday, December 20, 2016

Early Out Tuesday, December 20, 2016

Christmas Holidays, December 21, 2016 – January 03, 2017

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Strawberry Milk.

Breakfast is served with a choice of fruit and/or 100% fruit juice.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Whiteface Cons ISD

Pre-K – 12th Grades

Breakfast Menu



1 Chicken-n-Waffle Stix

Fruit
Juice
Milk

2 Grilled Cheese Sandwich

Fruit
Juice
Milk

5 Cinnamon Pull-a-Parts
Cheese Stick

Fruit
Juice
Milk

6 Breakfast Muffin
Yogurt

Fruit
Juice
Milk

7 Pancake Wrap

Fruit
Juice
Milk

8 Breakfast Pizza

Fruit
Juice
Milk

9 Peanut Butter & Jelly
Sandwich

Fruit
Juice
Milk

12 Breakfast Strudel
Cheese Stick

Fruit
Juice
Milk

13 Mini Pancakes
Yogurt

Fruit
Juice
Milk

14 Sausage Kolache
Cheese Stick

Fruit
Juice
Milk

15 Breakfast Burrito

Fruit
Juice
Milk

16 French Toast
Yogurt

Fruit
Juice
Milk

19 Breakfast Round
Yogurt

Fruit
Juice
Milk

20 Sausage Biscuit
Breakfast with Santa

Fruit
Juice
Milk

21 Christmas Holiday

22 Christmas Holiday

23 Christmas Holiday

26 Christmas Holiday

27 Christmas Holiday

28 Christmas Holiday

29 Christmas Holiday

30 Christmas Holiday

DECEMBER



Special Announcements

Early Release Tuesday, December 20, 2016

Christmas Holidays December 21, 2016 – January 3, 2017

All lunches are served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Fat Free Strawberry Milk.

All lunches are served with a choice of fruit and/or 100% fruit juice.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Whiteface Cons ISD

Pre-K – 12th Grades

Lunch Menu



<p>5 Crunchy Tacos/Salsa Lettuce & Tomato Garnish Broccoli Bites Tiny Tomato Cup Diced Peaches</p>	<p>6 Steak Fingers/Gravy Roll Mashed Potatoes Carrot Coins Strawberry Cup</p>	<p>7 Popcorn Chicken Roll Tater Tots Cucumber Dippers Fresh Seasonal Fruit Cookie</p>	<p>1 Chicken Nuggets Roll Mashed Potatoes/Gravy Garden Salad Tuscan Vegetables Diced Pears</p>	<p>2 Cheeseburgers Hamburger Garnish Tater Tots Fresh Veggie Cup Orange Smiles</p>
<p>12 Texas Basket (Chicken Strips) Tater Tots/Gravy Roll Baby Carrots w/Ranch Mandarin Oranges Cookie</p>	<p>13 Deli Sandwich Tomato-Cucumber Cup Garden Salad Snowball Salad</p>	<p>14 Cheeseburger Hamburger Garnish Tater Tots Baby Carrots w/Ranch Apple-Pineapple D'Lite</p>	<p>15 Popcorn Chicken Gravy/Roll Mashed Potatoes Seasoned Corn Savory Green Beans Mixed Fruit</p>	<p>16 BBQ on a Bun Coleslaw Charro Beans Orange Smiles</p>
<p>19 Chicken Nuggets Macaroni & Cheese Savory Green Beans Garden Salad Orange Smiles</p>	<p>20 Pizza Broccoli Bites Baby Carrots w/ Ranch Apple</p>	<p>21 Christmas Holiday</p>	<p>22 Christmas Holiday</p>	<p>23 Christmas Holidays</p>
<p>26 Christmas Holidays</p>	<p>27 Christmas Holidays</p>	<p>28 Christmas Holidays</p>	<p>29 Christmas Holidays</p>	<p>30 Christmas Holidays</p>

Lemons

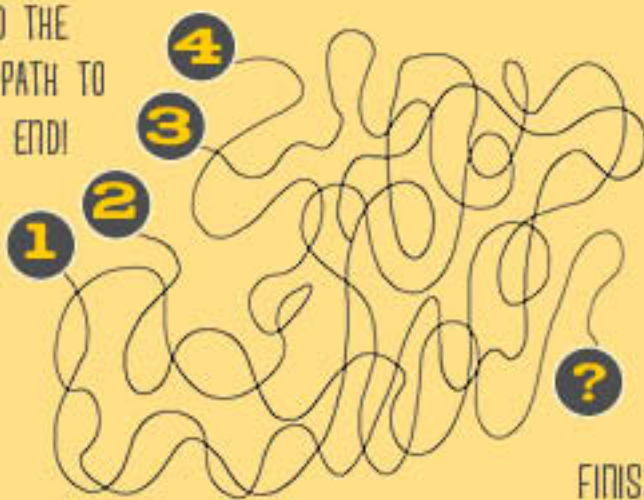
Lemons are a yellow fruit used primarily for juice. They are picked from an evergreen tree that blooms and provides fruit year round. Lemons are very sensitive to cold weather, and since Texas has some colder months in the year they cannot survive for long periods in the Valley region.

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

FIND THE
RIGHT PATH TO
THE END!



Joke of the Month

Q. What do you give an injured lemon?
see answer below.



Growing Regions

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 6 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

