

DECEMBER 2017

MON TUE WED THUR FRI

Special Announcements

Good Eats at:

1225

Christmas Day

Chicken Burger
Burger Salad
Oven Fries
Baked Beans
Fruit Milk 1

+200

+100

+50

Chicken nugget Potato/Gravy Spinach Roll Fruit Milk 4	Meatloaf Au Gratin Pot. Green Beans Roll Fruit Milk 5	Chick Alfredo English Peas Sliced Carrots Garlic Bread Fruit Milk 6	Gumbo Rice/Crackers Potato Salad Carrots Fruit Milk 7	Hamburger Burger Salad Oven Fries Baked Beans Fruit Milk 8	
Steak Fingers Potato/Gravy Broccoli Roll Fruit Milk 11	Cheese Sticks WK Corn Green Beans Marinara Fruit Milk 12	Beef Nachos Refried Beans Spanish Rice Salsa Fruit Milk 13	Mini Corn Dogs Potato Smiles Green Beans Fruit Milk 14	Chicken Burger Burger Salad Oven Fries Baked Beans Fruit Milk 15	
Chicken Fried Chicken/Roll Potato/Gravy Spinach Fruit Milk 18	Frito Pie Chili/Cheese WK Corn Beets Fruit Milk 19	Hamburger Burger Salad Oven Fries Baked Beans Fruit Milk 20	HOLIDAY 21	HOLIDAY 22	
HOLIDAY 25	HOLIDAY 26	HOLIDAY 27	HOLIDAY 28	HOLIDAY 29	

Fun facts on back! 

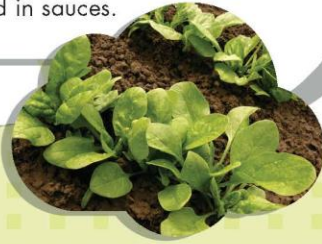


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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!