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

DECEMBER

DISCOVER THE GREAT PLATE OF TEXAS WITH A HEALTHY MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nachos w/Beef Quesadilla Pinto Beans Celery Sticks Peppers & Onions Mandarin Oranges Choice of Milk 1	Hot Dog Chicken Wrap Smiles Cherry Tomatoes Fresh Banana Mandarin Oranges Choice of Milk 2	Baked Potato Chicken Nuggets Steamed Broccoli Baby Carrots Hot Roll Green Apple Slices Choice of Milk 3	Hamburger Fish Treasures w/Bread Slice Sweet Potato Tots Spinach Salad Frozen Fruit Slushie Choice of Milk 4
Pizza Stromboli Spinach Salad Buttered Corn Frozen Fruit Slushie Mandarin Oranges Choice of Milk 7	Chicken Crispito Burrito Pinto Beans Spanish Rice Cherry Tomatoes Baked Apples Choice of Milk 8	Chicken Rings Steak Fingers Mashed Potatoes Cream Gravy Green Beans Red Apple Slices Choice of Milk 9	Orange Chicken Teriyaki Beef Asian Brown Rice Steamed Broccoli Garlic Bread Stick Mandarin Oranges Choice of Milk 10	Hamburger Chicken Sandwich Star Tots Sweet Potatoes Spinach Salad Frozen Fruit Slushie Choice of Milk 11
Pizza Ravioli Spinach Salad Italian Green Beans Frozen Fruit Slushie Mandarin Oranges Choice of Milk 14	Cheese Enchiladas Crunchy Tacos Cherry Tomatoes Refried Beans Homemade Salsa Mandarin Oranges Choice of Milk 15	Grilled Ham & Cheese Sandwich Fajita Chicken Wrap Baby Bakers Carrots w/Ranch Mandarin Oranges Choice of Milk 16	Vegetable Beef Soup Cheese Toast Broccoli w/Ranch Dip Black Eyed Peas Sliced Red Apples Mandarin Oranges Choice of Milk 17	Hamburger Chicken Sandwich Sweet Potato Tots Pickle Spear Spinach Salad Frozen Fruit Slushie Choice of Milk 18
21	22	23	24	Christmas 25
The Texas sweet potato typically has a pointed end and is vibrant orange on the inside. They are packed with Vitamin A which helps your vision! 28	In Texas, potatoes have two growing seasons. Plant seeds in winter for a summer harvest or fall for a summer harvest. 20% of the potato's nutrition is in the skin. 29	What do you get when you cross an elephant with a potato? Mashed Potatoes! 30	School resumes on January 4th, 2016. 31	

GOOD EATS AT:

Ore City ISD

SPECIAL ANNOUNCEMENTS

Everyday a variety of fresh fruit and vegetable choices are offered to our students. Fresh menu choices include items such as:
spinach salad, baby carrots, cherry tomatoes
celery sticks, broccoli, apples and oranges.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.

IT'S DECEMBER!

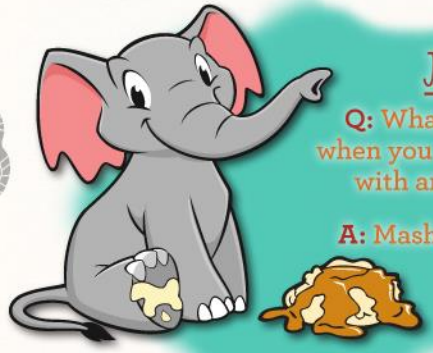
End the year on a nutritional high–note by making delicious vegetables–including potatoes–part of the Great Plate of Texas!

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.

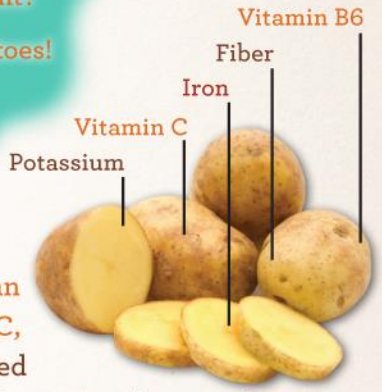


JOKE:

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.

COMING IN JANUARY: CORN!

FUN FACT:

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

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!