

DECEMBER 2018



I'm
TO-MAGIC-O

GOOD EATS AT

New Life Christian
Child Care Center

SPECIAL ANNOUNCEMENTS

Breakfast: 8:45

PM Snack: 4:45pm

Milk is served with all
meals

M	T	W	TH	F
Cereal Pears Teddy Grahams Milk 3	Pancakes Applesauce Granola Bars Milk 4	Bagels Bananas Cheese Crackers Juice 5	Cereal Mix Fruit Chex Mix Juice 6	Pop Tarts Peaches Yo-Gurt Vanilla Wafers 7
English Muffins Oranges PB Crackers Milk 10	Cereal OJ Animal Crackers Milk 11	Waffles Apples Pretzels Juice 12	Cereal Raisins/Craisins Cheese It's Milk 13	Yogurt/Granola Banana Chex Mix Milk 14
Cereal Juice Teddy Grahams Milk 17	French Toast Oranges Ritz Bitz Juice 18	Cereal Pears Scooby Snacks Milk 19	Muffins Applesauce Pretzels Juice 20	PB Toast Peaches Fish Crackers Milk 21
Closed 24	Merry Christmas! 25	Cereal Mix Fruit Cheese Crackers Milk 26	Pancakes Pineapple Granola Bars Milk 27	Cereal Bananas Cheese It Juice 28
Waffles Peaches Pretzels Juice 31				

TO-MAGIC-O

Tomato

The oldest of the superheroes, To-magic-o became a tomato superhero thousands of years ago. An ancient emperor commanded nutrition magician Vita-clese to create a natural food to satisfy all the kingdoms. The magician combined a stone bowl of vitamin C, a wooden spoon of vitamin K and a pinch of potassium, vitamin A, folate and other nutrients to make a bright red ball he bound together with fiber. Then he gave the ball super tasty powers of versatility and called it To-magic-o. Today To-magic-o is highly respected in Healthyville and she can transform into thousands of shapes and colors to make good nutrition super tasty for anyone in the world.

FUN FACTS

Spanish explorers introduced the tomato to Europe in the 1600s. The tomato arrived in America in the late 1700s.

Adventurous gardeners, like Thomas Jefferson, helped it gain in popularity. By 1835, tomatoes were widely eaten. The average person in the U.S. consumes about 88 pounds of tomatoes each year!

Tomatoes are the most popular garden vegetable crop in Texas.



TO-MAGIC-O'S
FAVORITE
ACTIVITIES
Basketball and Karate

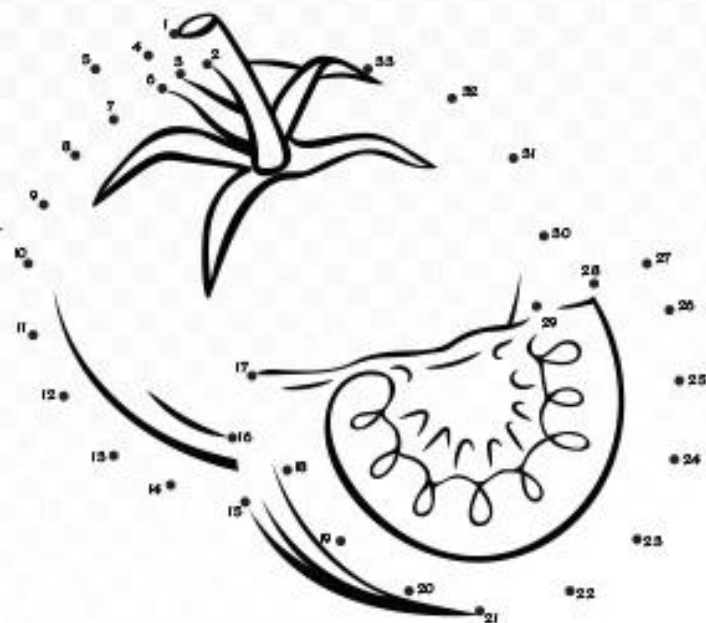
JOKE OF THE MONTH

Q: What did the father tomato say to the baby tomato while on a family walk?

A: Ketchup.

POW!
ARCH ENEMY
Ice Man — tomatoes
don't like cold

CONNECT THE DOTS AND COLOR ME!



TOMATO CORN SALAD

Ingredients:

- 2-1/4 pounds Corn, sweet
- 2-1/2 pounds Cherry tomatoes
- 1 cup Olive oil
- 1/4 cup Red wine vinegar
- 1-1/2 tsp. Salt
- 1 tsp. Black pepper, ground
- 1 cup Basil, fresh, chopped, leaves only

Directions:

1. Remove kernels from corn cob. Defrost in cooler overnight if using frozen.
2. Cut each cherry tomato in half.
3. Whisk oil, vinegar, salt and pepper in a mixing bowl.
4. Add corn and cherry tomatoes to the mixing bowl. Fold all ingredients together lightly making sure not to crush tomatoes.
5. Sprinkle with fresh basil immediately before service.
6. Hold for cold service at 41°F or lower.