

# DECEMBER 2018



I'm **TO-MAGIC-O**

**GOOD EATS AT**

New Life Christian Child Care Center

**SPECIAL ANNOUNCEMENTS**

Lunch is served at 11:45am

Milk is served with all meals

M	T	W	TH	F
Chicken Nuggets Mash Potatoes Peaches Bread 3	Pizza Corn Pineapple 4	Sloppy Joes Tots Mix Fruit Buns 5	Grilled Cheese Spaghetti's Pears Mix Vegetable 6	Turkey and Ham Sub Raw Vegetables Oranges Sub Buns 7
Shrimp Green Beans Pineapple Bread 10	Spaghetti Corn Peaches Italian Bread 11	Cheesy Casserole Green Beans Pears 12	Chicken Alfredo Mixed Vegetables Mix Fruit 13	Hot Dogs FF Pineapple Oranges 14
Grilled Ham/Cheese Pears Mix Vegetable 17	Eggs/Sausage Hash brown Oranges Toast 18	Chicken Tacos Lettuce/Tomato Peaches Tortilla Shells 19	Pita Pockets Green Beans Pineapple 20	Chicken w/ Peas & Carrots Noodles Mix Fruit Biscuits 21
Closed 24	Merry Christmas! 25	Mini Corn Dogs Carrots Oranges 26	Tator Tot Casserole Green Beans Mix Fruit/Bread 27	Mac & Cheese Bologna Sand. Mix Vegetable Pears 28
Cheese Ravioli Broccoli/Carrot Pears 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

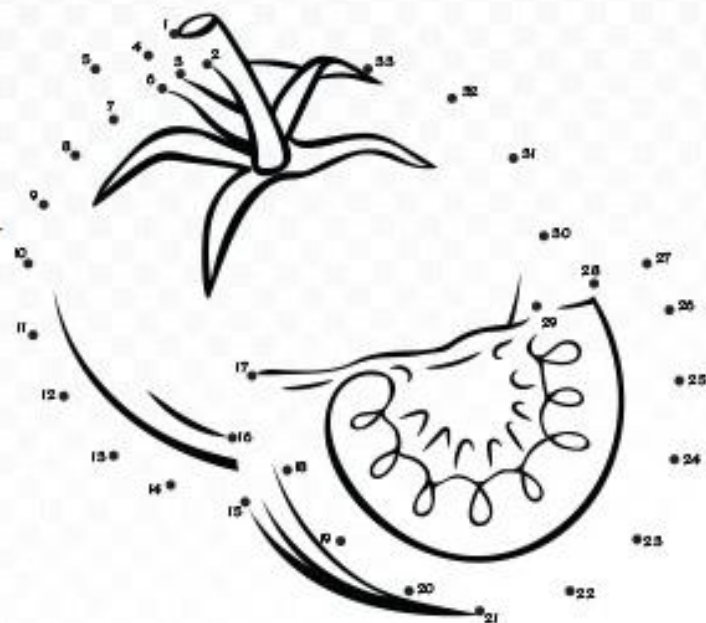
## JOKE OF THE MONTH

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.