

DECEMBER



Special Announcements

Bronte ISD Breakfast

: Monday: Chicken-n-Biscuit
 Tuesday: Breakfast Pizza
 Wednesday: Stuffed Bagel & Sausage
 Thursday: PBJ Sandwich
 Friday: Sausage & Biscuit

Or
 Choice Of:
 Monday-Friday
 Cereal W/ Toast & Jelly
 Assorted Juice,/Fruit & / or Milk



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Bronte ISD- Lunch Prices
 Pre K-5 \$2.50, 6-12th 2.75, Teachers 3.60
 Visitor 4.00 This institution is an
 equal opportunity provider.



1 Hamburger
 2 Oven Fries
 3 Fresh Veg. Cup
 4 Orange Smiles
 5 Milk

6 Chicken Parmesan
 7 Green Beans
 8 Garden Salad
 9 Apple Slices
 10 Breadstick
 11 Milk

5 Steak Fingers
 6 Gravy
 7 Mashed Potatoes
 8 Carrots Coins
 9 Fruit
 10 Rolls, Milk

6 Spaghetti Bowl
 7 Breadstick
 8 Garden Salad
 9 California Blend Veg.
 10 Sliced Peaches
 11 Milk,

7 Chicken
 8 Quesadillas
 9 Mexicali Corn
 10 Charro Beans
 11 Salsa, Milk
 12 Cinnamon Applesauce

8 Texas Chili
 9 W/Cornbread
 10 Steamed Broccoli
 11 Tomato Cups
 12 Orange Smiles
 13 Milk

9 Popcorn Chicken
 10 Oven Fries
 11 Cucumber Dippers
 12 Rolls
 13 Fruit
 14 Cookie, Milk

12 BBQ on a Bun
 13 Pinto Beans
 14 Coleslaw
 15 Orange Smiles
 16 Milk

13 Steak Finger Basket
 14 W/Fries, Rolls, Gravy
 15 Carrot Coins
 16 Apple Sl.
 17 Milk

14 Hot Ham & Cheese
 15 Pretzel Sandwich
 16 Garden Salad
 17 Tom.-Cucumber Cup
 18 Snowball Salad,
 19 Milk

15 Popcorn – Chicken
 16 Mash Potatoes,
 17 W/ Gravy
 18 Green Beans
 19 Rolls
 20 Apple-Pineapple D-
 21 Lite

16 Milk
 17 Pizza
 18 Seasoned Corn
 19 Baby Carrots
 20 Mixed Fruit
 21 Milk, Cookie

19
 No School

20

21

22

23

26

27

28

29

30
 No School

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



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

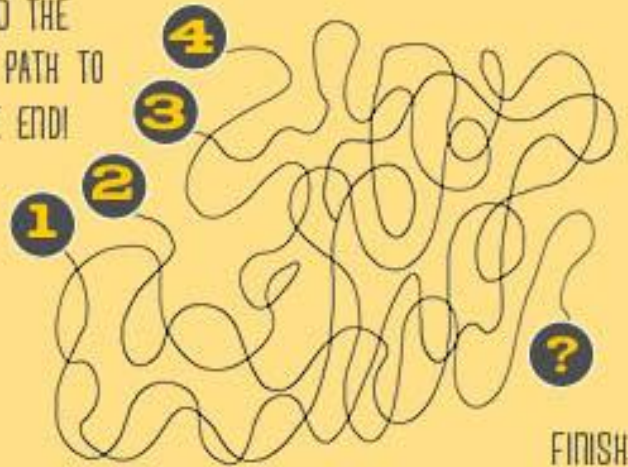
Bananas grow on tropical, tree-like plants that are usually about 16 feet tall and start producing fruit when they have 10 to 15 months of warm weather. If it gets too cold the plant will stop growing and not produce fruit. Banana plants are the largest plants on earth without a woody stem.

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

Visit: SquareMeals.org/SeasonalityWheel

FIND THE
RIGHT PATH TO
THE END!



Joke of the Month

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



— East Texas

— Rio Grande Valley

Growing Regions

