

DECEMBER 2017

MON TUE WED THUR FRI

Special Announcements

LUNCH PRICES

Reduced \$0.40
 Student \$3.50
 Adult: \$4.00

A LA CARTE PRICES

Milk or Juice \$0.50
 Ice Dog Slushie \$1.00

Good Eats at:
 All Saints Catholic School
 2006 N. Houston, Fort Worth, TX 76164
www.ascsfw.org

12.25
Christmas Day

				Chicken Nuggets Mashed Potatoes Tossed Salad Fruit Milk +200
Pig in a Blanket Potato Wedges Broccoli Fruit Milk 4	Chicken Wrap Lettuce Tomato Slice Rice Zucchini Fruit Milk 5	Spaghetti w/Meat Sauce Salad Green Beans Fruit Milk 6	Taco Salad w/cheese, lettuce, tomatoes Beans Fruit Milk 7	Chicken Nuggets Mashed Potatoes Carrots Fruit Milk +100
Mini Meatball Sub Potato Wedges Tossed Salad Fruit Milk 11	BBQ Sandwich Beans Creamy Cole Slaw Fruit Milk 12	White Chicken Chili Cornbread Muffin Cherry Tomatoes Fruit Milk 13	Pepperoni Pizza Corn Tossed Salad Cherry Tomato Fruit Milk 14	Biscuits & Gravy Snap Peas Hashbrown Patty Fruit Milk +50
Hot Dog on WG Bun Fries Corn Fruit Milk 16	Crispy Beef Taco Lettuce & Tomato Rice Beans Fruit Milk 19	Corn Dog Green Beans Cherry Tomato Fries Fruit Milk 20	Cheese Quesadilla Tomato Salsa Beans Fruit Milk 21	NO LUNCH NOON DIMISSAL 22
CHRISTMAS BREAK NO SCHOOL 25	CHRISTMAS BREAK NO SCHOOL 26	CHRISTMAS BREAK NO SCHOOL 27	CHRISTMAS BREAK NO SCHOOL 28	CHRISTMAS BREAK NO SCHOOL 29



Fun facts on back!

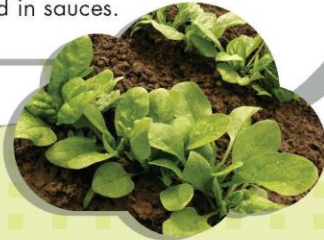


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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!