### Vegetarian Options
- 2/Black Bean & Cheese Taco
- 5/Cheese Quesadilla
- 7/Veggie Nuggets
- 9/Cheese Sub
- 13/Cheese Quesadilla
- 14/Veggie Sub Patty
- 15/Spaghetti w/Marinara Sauce
- 16/Garden Veggie Patty on Bun
- 19/Veggie Nuggets
- 20/Cheese Quesadilla
- 21/Sweet n Sour Veggies Nuggets
- 22/Cheese, Lettuce and Tomato Sub

### Good Eats At:

#### Monday
- **B:** Corn Flakes, WG Toast, Peaches, Milk
- **L:** Chicken WG Quesadillas, Pinto Beans, Pineapple, Milk
- **S:** WG Cinnamon Goldfish

#### Tuesday
- **B:** WG Pancakes, Turkey Sausage, Unsweetened Applesauce, Milk
- **L:** Toasted cheese on WG bread, Steamed broccoli, Mixed Fruit, Milk
- **S:** Pimento Cheese w/ WG crackers

#### Wednesday
- **B:** WG Cheerios, WG Toast, Banana, Milk
- **L:** Sloppy Joe on WG Bun, Steamed Carrots, Peaches, Milk
- **S:** Animal crackers

#### Thursday
- **B:** WG Waffles, Turkey Sausage, Apple Slices, Milk
- **L:** Cheese Ravioli, Romaine salad and tomatoes, Pears, WG Roll, Milk
- **S:** WG Cinnamon Goldfish

#### Friday
- **B:** Boiled Egg, WG Toast, Orange slices, Milk
- **L:** Chicken Fajitas on WG Tortilla, Black Beans, Pineapple, Milk
- **S:** Cheese and WG Crackers

### Special Announcements

#### Dec. 24th Christmas Eve
- **B:** Rice Krispies, WG Toast, Unsweetened Applesauce, Milk
- **L:** Cheese Pizza on WG Crust, Romaine salad and tomatoes, Apple Slices, Milk
- **S:** WG Goldfish

#### Dec. 25th Christmas Day
- **B:** WG Pancakes, Turkey Sausage, Unsweetened Applesauce, Milk
- **L:** Salisbury steak, Black-eyed Peas, Peaches, WG Roll, Milk
- **S:** Animal crackers

### Holiday Meals

#### Sunday
- **B:** Boiled Egg, WG Toast, Apple slices, Milk
- **L:** Turkey and cheese on WG sub roll, Romaine salad and tomatoes, Unsweetened Applesauce; S: Animal crackers
- **S:** Tropical Fruit

#### Monday
- **B:** Corn Flakes, WG Toast, Grilled Chicken Nuggets, Steamed Carrots, Pears, WG Roll, Milk
- **S:** WG Cinnamon Goldfish
**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._

**Activities**

_FIND THE RIGHT PATH TO THE END!

1

2

3

4

?_

**FINISH**

**Joke of the Month**

_What do you give an injured lemon?_ see answer below.

**Bananas**

Bananas grow on tropical, treelike 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

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