

DECEMBER



Special Announcements

- 1-3 – State FFA LDE’s at SHSU
- 5 – JHBB vs. Grady – 6:00 & 7:00
Mesa Dist. Banquet
- 6 – HSBB vs. Seagraves – 4:00, 6:00, 8:00
- 8-10 – HSBB at Irion Count Tournament
- 12 – JHBB at O’Donnell – 6:00 & 7:00
- 13 – HSBB vs. Ira – 4:00, 6:00, 8:00
- 16 – End of 3rd Six Weeks & 1st Semester
HSBB (G) at Wink – 5:00 & 6:30
HSBB (B) at Coahoma – 5:00 & 6:30
- 19 – HSBB (G) at Permian – 12:00
HSBB (B) vs. Motley County-1:00
- 27-29 – Cougar Classic Tournament – Here
- 18-Jan. 1 – Christmas Break
- Jan. 2 – School resumes



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Klondike Lunch & Breakfast Menu

A variety of milks*, juices & fruits offered daily with breakfast.
A variety of milks* & fruits offered daily with lunch.

This institution is an equal opportunity provider.

***=Texas Local Product**



<p>4</p> <p>Breakfast Club or Breakfast Round/*Yogurt</p> <p><i>Steak Fingers, Gravy, *Roll, Mashed Potatoes, Carrot Coins, Strawberries/*Bananas cup</i></p>	<p>5</p> <p>Breakfast Pizza or Breakfast Strudel/Ch. Stick</p> <p><i>Spaghetti Bowl/*Meatballs, Breadsticks, Salad, Baked Okra, Sliced Peaches, Choc/Van. Puddina</i></p>	<p>6</p> <p>Biscuit/Scr. Eggs/Sausage or Banana Muffin/*Yogurt</p> <p><i>Mexican Combo Plate, Mexicali Corn, Charro Beans, *Salsa, Lettuce & *Tomato Garnish, Cinn. Applesauce</i></p>	<p>7</p> <p>Early Bird Sandwich or PBJ</p> <p><i>Chicken Parmesan, Salad, Breadsticks, Green Beans, Apple Slices</i></p>	<p>8</p> <p>Dutch Waffle/Bacon or Honey Nut Cheerios/Toast</p> <p><i>Hamburger/Ch. Burger, *HB Garnish, Oven Fries, Fresh Veggie Cup, *Orange Smiles</i></p>
<p>11</p> <p>Breakfast Burrito/*Hash Browns or Orange Muffin Top/*Yogurt</p> <p><i>Hamburger/Ch. Burger, HB Garnish, Oven Fries, *Baby Carrots, Mixed Fruit</i></p>	<p>12</p> <p>Biscuit/Gravy/Scr. Egg/Ham or PBJ</p> <p><i>Hot Ham & Cheese Pretzel Sandwich, *Tomato-Cucumber Cup, Salad, Snowball Salad</i></p>	<p>13</p> <p>Cinnamon Roll/Sausage or Breakfast Parfait</p> <p><i>Texas Chicken Strip Basket, Carrot Coins, Apple Slices, Cookie</i></p>	<p>14</p> <p>Sausage, Egg, Ch. Croissant or Golden Grahams/Toast</p> <p><i>BBQ on a Bun, Coleslaw, Pinto Beans, *Orange Smiles</i></p>	<p>15</p> <p>Waffles/Bacon or Choc. Chip Muffin Top/*Yogurt</p> <p><i>Philly Cheese Steak Sandwich, *Potato Rounds, *Clipped Green Beans, Apple-Pineapple D’Lite</i></p>
<p>18</p> <p>Christmas Holiday</p>	<p>19</p> <p>Christmas Holiday</p>	<p>20</p> <p>Christmas Holiday</p>	<p>21</p> <p>Christmas Holiday</p>	<p>22</p> <p>Christmas Holiday</p>
<p>25</p> <p>Christmas Holiday</p>	<p>26</p> <p>Christmas Holiday <i>Cougar Classic BB Tournament</i></p>	<p>27</p> <p>Christmas Holiday <i>Cougar Classic BB Tournament</i></p>	<p>28</p> <p>Christmas Holiday <i>Cougar Classic BB Tournament</i></p>	<p>29</p> <p>Christmas Holiday</p>

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

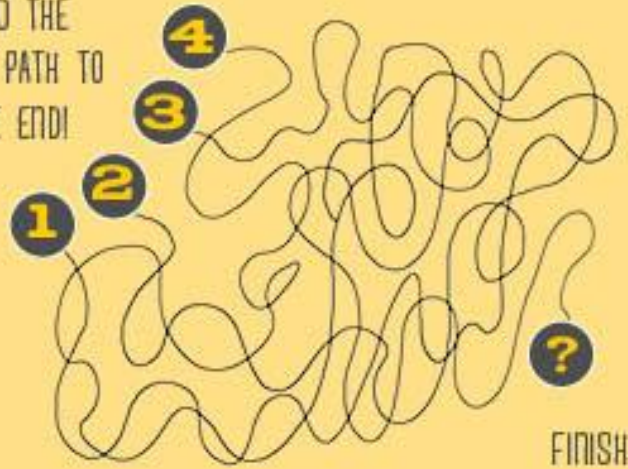
Bananas grow on tropical, tree-like plants that are usually about 16 feet tall and start producing fruit when they have 10 to 15 months of warm weather. If it gets too cold the plant will stop growing and not produce fruit. Banana plants are the largest plants on earth without a woody stem.

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

