

DECEMBER 2017

MON

TUE

WED

THUR

FRI


Special Announcements

- 12/18 - Christmas Program @7:00 p.m.
- 12/21/17 – 1/1/18 - Winter Break
- 1/2/2018 – School Reopens

Good Eats at:
Cathedral of Faith Christian School
www.cathedraloffaithcs.org

1225

Christmas Day

<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WG Cheese Pizza Steamed Collards Sliced Peaches 4</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WG Chicken Nuggets Steamed Broccoli Apple Sauce 5</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Ravioli w/Meat Sauce Texas Toast Fruit Cocktail 6</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WW PPJ WW Turkey Sandwich Carrots, Sliced Pears 7</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Hot Dog on Bun Baked Beans Mandarin Oranges 1</p>
<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Fish-Fil-A on Bun Steamed Collards Strawberry Cup 11</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Pork BBQ on Bun Baked Fries Cole Slaw, Apple Sauce 12</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WG Corn Dog Nuggets Sweet Corn Fruit Cocktail 13</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Hot Dog on Bun Baked Beans Sliced Peaches 14</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WG Cheese Pizza Broccoli Florets Mandarin Oranges 15</p>
<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Ravioli w/Meat Sauce Texas Toast Sliced Pears 16</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH WW PPJ WW Turkey Sandwich Steamed Carrots 19</p>	<p>BREAKFAST General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt LUNCH Cheeseburger on Bun Baked Beans Pineapple Tidbits 20</p>	<p>Winter Break 21</p>	<p>Winter Break 22</p>
<p> 25</p>	<p>Winter Break 26</p>	<p>Winter Break 27</p>	<p>Winter Break 28</p>	<p>Winter Break 29</p>

+200
+100
+50



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!

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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