

NOVEMBER 2017

MON TUE WED THUR FRI

Good Eats at:

Special Announcements

BREAKFAST MENU

Mon-Muffin, Cold Cereal
 Tues-Biscuit, Eggs
 Wed-Pig n Blanket, Cereal
 Thurs-Pancakes, Sausage
 Fri-Toast Sticks, Cereal
 Fresh Fruit offered daily
 Juice-Apple or Orange
 Milk-White 1% or
 Chocolate FatFree



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER

		Corndog Baked Beans Broccoli Mandarin Oranges Milk	Hamburger Oven Fries Burger Salad Fresh Fruit Milk	Pizza Corn Garden Salad Applesauce Milk
		1	2	3
Chicken Tenders Mashed Potatoes Carrots Pears Milk	Spaghetti with meat sauce Bread Green Beans Vegetable Blend Fruit Mix Milk	Burrito Pinto Beans Broccoli Peaches Milk	Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk	Pizza Corn Garden Salad Applesauce Milk
6	7	8	9	10
No School Teacher In-Service day	Sausage Roll Baked Beans Broccoli Pineapple Milk	Baked Turkey Dressing Cranberry Green Beans Sweet Potatoes Peaches Milk	Hamburger Oven Fries Burger Salad Fresh Fruit Milk	Pizza Corn Garden Salad Applesauce Milk
13	14	15	16	17
Steak Fingers Mashed Potatoes Carrots Pears Milk	Hot dog Oven Fries Baked Beans Mandarin Oranges Milk	Thanksgiving Nov. 22-27		
20	21	22	23	24
	Crispy Tacos Pinto Beans Lettuce/Tomato Pears Milk	Ham & Cheese Sandwiches Broccoli Carrots Pickle Spear Fresh Fruit Milk	Lasagna Green Beans Vegetable Blend Peaches Bread Milk	
27	28	29	30	

11.23

Thanksgiving Day



Fun facts on back! >

LAUNCH PAD

CARROT GROWING REGIONS



1. The High Plains
2. Winter Garden



The Wise WIZARD

Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.



CARROT



I'm Curtis Carrot. I am a root vegetable like potatoes, turnips and beets. Root vegetables are the roots of plants that grow underneath the ground. Above ground, I have a ferny, green head of hair. We are used a lot for cooking and we have a lot of vitamin A. We have so many uses. You can chop us for soups, casseroles and stews. Eat us raw in salads or with a dip. Shred us for use in carrot cake and other desserts. Or even blend us for a yummy juice. Texas is the fifth-ranked state in America for growing carrots.

Fun FACT

Carrots started out white or purple in color. The country called the Netherlands (also called "Holland") first grew orange carrots because orange was the official color of their royal family.

Find the 12 DIFFERENCES



- +200 
- +100 
- +50 

Gingered CARROTS



INGREDIENTS

- 1 lb Fresh carrots, peeled
- 1/2 tsp Honey
- 1 Tbsp Lemon juice
- 2 tsp Dried parsley
- 2 Tbsp Margarine
- 1/8 tsp Ground ginger

PREPARATION

1. Cut carrots diagonally into thin slices.
2. Steam until tender.*
3. In a small mixing bowl, combine remaining ingredients; pour over carrots.
4. Serve immediately.
5. Portion with a No. 16 scoop or 1/4 cup.

* Various methods of steaming include using a double boiler, microwave or steamer. Time will vary according to the method used.

Recipes courtesy of: www.whatscooling.fns.usda.gov

Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

