

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Alternate Lunch Entrees
Monday – Pizza Slice
Tuesday – Chicken Smiles
Wednesday – Corn Dog
Thursday – Hamburger
Friday – Tornado

Special Food of the Month
CARROTS

SPECIAL ANNOUNCEMENTS

Breakfast Menu:
Monday – French Toast or Pancake Sausage on Stick
Tuesday – Eggs & Toast or Banana Bread
Wednesday – Breakfast Pizza or Blueberry Muffin
Thursday – Ham & Cheese English Muffin or Cinnamon Roll
Friday – Pancake or Brown Sugar Oatmeal
 *Cereal/ Milk offered daily

M	T	W	TH	F
Chicken Spaghetti Marinated Cucumbers Seasoned Corn Fruit Cocktail Choice of Milk 5	Hot Dog Mixed Veggies Tater Gems Mandarin Oranges Choice of Milk 6	Chicken Fajitas Pinto Beans *Seasoned Carrots Pineapple Choice of Milk 7	BBQ Sandwich Baked Beans Broccoli & Cheese Pineapple Choice of Milk 1	Empanada Mixed Veggies Green Beans Peaches Choice of Milk 2
Chicken Tenders *Carrots & Celery Tater Gems Flavored Raisins Choice of Milk 12	Country Fried Steak Mixed Veggies Mashed Potatoes Pineapple Choice of Milk 13	Turkey & Gravy Dinner Roll Cornbread Stuffing Sweet Potatoes Fruit Salad Spice Cake Choice of Milk 14	Salisbury Steak & Rice Mashed Potatoes Green Beans Sliced Peaches Choice of Milk 8	Ravioli Broccoli & Cheese Side Salad w/ Tomatoes Apple Slices Choice of Milk 9
Thanksgiving Holiday 19	Thanksgiving Holiday 20	Thanksgiving Holiday 21	Thanksgiving Holiday 22	Thanksgiving Holiday 23
Mini Corn Dogs Potato Smile Green Beans Fruit Slush Choice of Milk 26	Salisbury Steak & Rice Mashed Potatoes *Seasoned Carrots Applesauce Choice of Milk 27	Burrito Pinto Beans Marinated Cucumbers Mandarin Oranges Choice of Milk 28	Lasagna Roll-Up *Carrot & Celery Sticks Broccoli & Cheese Apple Slices Choice of Milk 29	Beef Nachos Side Salad w/ Tomatoes Mexicali Corn Pineapple Choice of Milk 30



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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One day farmer Jones was picking carrots when a storm rolled in. He left his basket of carrots in the field and ran to the house. Just as he was safely inside, lightning struck the basket. All the carrots were cooked to perfection, except one! The carrot jumped up, looked around with electric eyes and realized she could see for miles and her powerful eyes could even shoot beta carotene into the ground. She became Captain Carrotene! She began helping all the carrots in the Healthyville fields have plenty of beta-carotene that human bodies turn into vitamin A to help their vision.



CAPTAIN CARROTENE

Carrot

FUN FACTS

- Americans eat, on average, more than 10 pounds of fresh carrots per person per year.
- According to Guinness World Records, the record for the world's longest carrot was set in 2016 and measured 20 feet 5.9 inches long! Now that is a colossal carrot!

CAPTAIN CARROTENE'S
FAVORITE ACTIVITIES
Playing Tennis and Golf

SESAME GLAZED CARROTS

Ingredients:

- 7-3/4 pounds Baby carrots, sliced to 1/2 inch rounds
- 1 ounce Olive oil
- 1 T. Garlic powder
- 3 ounces Low sodium soy sauce
- 2 T. Brown sugar, packed
- 1 tsp. Sesame oil
- 1/4 ounce Rice wine vinegar
- 1 T. Buffalo wing sauce
- 1 T. Sesame seeds

Directions:

- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
- Sprinkle with sesame seeds.
- Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.



POW!

ARCH ENEMY
Rabbits



WORD SEARCH

Find the following words: carrot, root, vegetable, soil, farm, cultivate, stem

F	C	E	C	A	C	R	V
M	U	U	A	O	T	S	E
D	L	G	R	J	K	V	G
S	T	O	R	S	N	A	E
H	I	R	O	O	T	C	T
S	V	T	T	I	D	W	A
T	A	G	D	L	S	W	B
E	T	Y	F	A	R	M	L
M	E	D	R	F	O	K	E

Answers

D	X	O	J	K	O	R	N
L	H	K	V	A	V	S	E
R	M	O	T	O	G	V	L
V	M	O	I	L	I	V	R
T	R	O	O	T	C	H	I
E	V	H	R	R	E	O	R
G	O	L	K	M	J	R	O
E	M	U	V	O	T	E	R
A	R	E	G	V	C	R	A

JOKE OF THE MONTH

Q: What's a vegetables favorite martial art?
A: Carroted!

Sources: Texas A&M and AgLife Extension