

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Pre-K Breakfast & Lunch Menus

Special Food of the Month
CARROTS

SPECIAL ANNOUNCEMENTS

Breakfast Menu:

- Monday** – French Toast
- Tuesday** – Banana Bread
- Wednesday** – Breakfast Pizza
- Thursday** – Cereal
- Friday** - Pancake

Pizza Slice
Seasoned Corn
Fruit Cocktail
Milk
5

Hot Dog
Tater Gems
Mandarin Oranges
Milk
6

Chicken Fajitas
Pinto Beans
Pineapple
Milk
7

Hamburger
Broccoli & Cheese
Pineapple
Milk
1

Empanada
Green Beans
Peaches
Milk
2

Salisbury Steak
Rice
Green Beans
Sliced Peaches
Milk
8

Ravioli
Broccoli & Cheese
Apple Slices
Milk
9

Chicken Tenders
*Carrots & Celery
Flavored Raisins
Milk
12

Chicken Smiles
Mixed Veggies
Pineapple
Milk
13

Turkey & Gravy
Dinner Roll
Cornbread Stuffing
Sweet Potatoes
Fruit Salad
Spice Cake
Milk
14

Spaghetti & Meat Sauce
Green Beans
Sliced Peaches
Milk
15

Cheese Pizza Stick
*Seasoned Carrots
Cinnamon Applesauce
Milk
16

Thanksgiving
Holidays
19

Thanksgiving
Holidays
20

Thanksgiving
Holidays
21

Thanksgiving
Holidays
22

Thanksgiving
Holidays
23

Pizza Slice
Potato Smiles
Fruit Slush
Milk
26

Salisbury Steak
Mashed Potatoes
*Seasoned Carrots
Milk
27

Burrito
Pinto Beans
Mandarin Oranges
Milk
28

Hamburger
*Carrot & Celery Sticks
Apple Slices
Milk
29

Beef Nachos
Mexicali Corn
Pineapple
Milk
30



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t y i
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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

JOKE OF THE MONTH

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

Answers

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

Sources: Texas A&M and AgLife Extension