

# 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** - Mini Bagel w/ Strawberry Cream Cheese
- 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**

Corn Dog  
Mexicali Corn  
Fruit Slush  
Milk  
**14**

Turkey & Gravy  
Cornbread Dressing  
Green Beans  
Mashed Potatoes  
Fruit  
Cake  
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	E	G	V	A

Sources: Texas A&M and AgLife Extension