

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

K-12th grade
Breakfast
Menu

SPECIAL ANNOUNCEMENTS

Pancakes
Syrup
Or
Cereal n toast
Jelly
Fruit
Milk Juice **5**

Egg-stravaganza
Toast
Or
Cereal n toast
Jelly
Fruit
Milk /Juice **6**

Biscuit n Gravy
Sausage Link
Or
Cereal n toast
Jelly
Fruit
Milk /Juice **7**

Breakfast Pizza
Or
Cereal n toast
Fruit
Jelly
Milk / Juice **8**

Bacon, Egg Biscuit
Or
Cereal n toast
Fruit
Jelly
Milk n juice variety **2**

French Toast Sticks
Or
Cereal n toast
Fruit
Jelly
Milk n juice Variety **12**

Tac n Go Eggs
Salsa
Or
Cereal n Toast
Fruit
Jelly
Milk n Juice variety **13**

Biscuit n Gravy
Sausage Link
Or
Cereal n toast
Jelly
Fruit
Milk /Juice **14**

Muffin choice
Go-gurt
Or
Cereal n toast
Fruit
Jelly
Milk n juice variety **15**

Sausage Pancake on a
stick, syrup
Or
Cereal mn toast
Fruit
Jelly
Milk n juice variety **16**

THANKSGIVING
HOLIDAY **19**

THANKSGIVING
HOLIDAY **20**

THANKSGIVING
HOLIDAY **21**

THANKSGIVING
HOLIDAY **22**

THANKSGIVING
HOLIDAY **23**

Frudels, cheese Sticks
Or
Cereal n toast
Fruit
Jelly
Milk n juice variat **26**

Fiesta Omelets, Salsa
Or
Cereal n toast
Fruit
Jelly
Milk n juice **27**

Biscuit n Gravy
Sausage Link
Or
Cereal n toast
Jelly
Fruit
Milk /Juice **28**

Honey Buns, Go-
gurts
Honey Or
Cereal n toast
Fruit
Jelly **29**

Sausage Roll
Or
Cereal n toast
Fruit
Jelly
Milk n juice variety **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

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JOKE OF THE MONTH

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

Answers

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Sources: Texas A&M and AgLife Extension