

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

Cereal w/Bear Grahams
Hamburger w/Cheese
French Fries
Pears
Salad w/Pickles
5

Orange Loaf
Corn Dog
Chili Beans
Oranges
Celery Sticks
6

PopTarts
Fideo Con Pollo
Pinto Beans
Strawberries
Romaine Salad
7

Potato & Egg Taco
Bean & Cheese Burrito
Carrot Sticks
Bananas
Cucumber
1

Conchas
Cheese Pizza
Salad Mix
Strawberries
Carrot Sticks
2

Cereal w/ Bear Grahams
Cheese Sticks
w/Marinated Sauce
Cut Corn
Red Apples
Mixed Salad
12

Chocolate Muffin
Hot Dog
Baked Chips
Pears
Celery Sticks
13

Empanadas
Chicken Salad bowl
Refried Beans
Cut Corn
Bananas
Lettuce
14

Barbacoa Taco
MeatLoaf
Broccoli
Cantaloupes
Cucumber
15

Banana Muffin
Turkey w/Gravy
Roll
Mash Potato
Applesauce
Carrot Sticks
16

19

20

21

22

23

Cereal w/Bear Grahams
Hot Dog
Chili Beans
Pear Slices
Cucumbers
26

PopTarts
Tuna w/ Crackers
Salad
Apricots
Celery Sticks
27

Maranito
Orange Chicken
w/Fortune Cookie
Mixed Veggies
Oranges
Carrot Sticks
28

Tamales
Chicken Alfredo
Broccoli
Strawberries
Celery Sticks
29

Banana Choco.Bar
Turkey Pepperoni Pizza
Cut Cesar Mix Salad
Grapefruits
Cucumbers
30

Thanksgiving Holiday

GOOD EATS AT

MENU IS SUBJECT TO CHANGE AT ANY TIME!

All meals are served with 1% white milk and fat free chocolate.

Breakfast/Lunch

SPECIAL ANNOUNCEMENTS

Horizon Montessori Public Schools Child Nutrition Services *Breakfast is served with choices of: Fruit juice, fresh fruit, fat free and low fat milk. *Lunch is served with choices of: Fresh fruit, fat free and low fat milk. The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html , or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at proeram.int@aphis.usda.gov

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i s
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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

S	K	O	J	R	O	S	M
T	M	K	V	A	J	L	C
R	M	O	T	O	S	V	L
V	M	O	I	L	T	A	R
T	C	T	O	T	K	H	
R	V	H	R	R	O	R	
O	A	F	A	O	L	O	
R	E	V	O	T	R	M	
L	C	R	V	R	E	O	

JOKE OF THE MONTH

Q: What's a vegetable's favorite martial art?

A: Carrotel!

Sources: Texas A&M and AgriLife Extension