

NOVEMBER

2018



M

T

W

TH

F

Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Breakfast Pizza
WGR Cereal Variety
with Toast,
Muffin & Yogurt **5**

Chicken-N-Biscuit
Breakfast Strudel with
Cheese stick, or
WGR cereal variety with
toast **6**

Biscuit, & gravy
Scrambled Eggs & Bacon
Breakfast Fruit Parfait,
Muffin with yogurt
WGR cereal variety with
toast **7**

Pancakes wrap
with yogurt
PBJ
WGR cereal variety
with toast **8**

Dutch Waffle with
Bacon,
WGR Cereal Variety
with Toast,
Muffin & Yogurt **2**

Pancakes with
bacon
Muffin with yogurt
WGR cereal variety
with toast **12**

Sunrise
sandwich
Breakfast strudel
with cheese stick
WGR cereal variety
with toast **13**

French Toast with
sausage
WGR cereal variety
with toast
Muffin with
yogurt **14**

Oatmeal with
Cinnamon Toast,
PBJ
WGR cereal variety
with toast **15**

Cinnamon roll with
Sausage
Muffin with yogurt
WGR cereal variety with
toast **9**

Breakfast Burrito
Muffin with yogurt
WGR cereal variety
with toast **16**

19

20

21

HAPPY THANKSGIVING

22 **23**

Sausage
Kolache
with yogurt
Muffin with yogurt
WGR cereal variety
with toast **26**

Cheese omelet
with toast
Breakfast strudel
with cheese stick
WGR cereal variety
with toast **27**

Waffles with
sausage
Breakfast Fruit
Parfait,
WGR cereal variety
with toast **28**

Breakfast pizza
PBJ
WGR cereal variety
with toast **29**

Donuts with
sausage
Muffin with yogurt
WGR cereal variety
with toast **30**

SPECIAL ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

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:

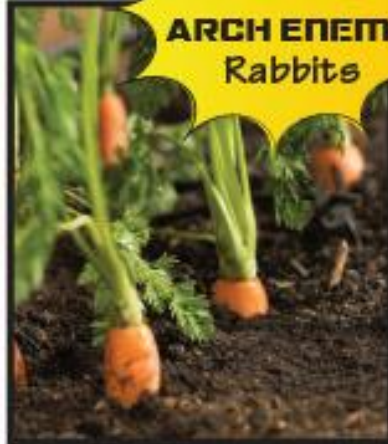
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- While the carrots 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	D	N
L	H	K	V	A	A	T	S
R	M	T	O	O	V	L	
V	M	O	I	L	A	R	
T	C	T	O	R	I	H	
V	H	R	O	T	R		
D	A	T	M	O	O		
E	L	O	V	U	N		
R	C	V	O	R	E		

Sources: Texas A&M and AgLife Extension