

NOVEMBER

2018



M **T** **W** **TH** **F**

Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Secondary Lunch

SPECIAL ANNOUNCEMENTS

A Salad Entree is also available as a meal option each day. There is always a salad bar to choose as a vegetable option, and a milk variety and water is available with each meal.

Enchiladas or Crisпитos or Chicken Burgers
Pinto Beans,
Street Corn,
Fresh Salsa
Fresh Seasonal Fruit
Apple Crisp **5**

Meatball Sub Sandwich,
Chili Cheese Combo,
Domino's Pizza,
Tater Tots,
Mixed Fruit Cups **6**

Chicken Nuggets with
Mac N Cheese,
Orange Chicken or
Hamburger/Cheese
Burger, Savory Green
Beans, Strawberries **7**

HOLIDAY MEAL
Turkey & Dressing or
Corn Dogs
Mashed Potatoes, Sweet
Potatoes, Green Beans,
Roll, Snowball Salad,
Spiced Bumpkin Bread **8**

Hamburger/ Cheese
burger, Maverick Pizza,
Frito Pie
Glazed Carrots,
Cinnamon Applesauce,
and a Cookie **9**

Steak fingers with
Gravy & Roll,
Philly Cheese Steak
Fish Burger,
Mashed Potatoes,
Carrots, **12**

Spaghetti Bowl with
bread stick
Maverick Pizza
Chicken Sandwich
California blend veggies
Fruit cup
Chocolate/ vanilla pudding **13**

Boneless Chicken
Wings
Texas chili with
cornbread
Cheese Burger,
Oranges
Brownies **14**

Mexican combo plate
Chicken quesadilla
Individual Pizza
Street Corn,
Pinto Beans, Salsa
Fresh Fruit **15**

Popcorn Chicken, Sloppy
Joe Sandwich, or
Chicken burger
Oven Fries
Steamed Broccoli
Peaches **16**

_____ **19**

_____ **20**

_____ **21**

**HAPPY
THANKSGIVING
FROM THE
CAFETERIA** **22**

_____ **23**

Breaded Drumsticks
with biscuit
Maverick Pizza,
Cheese Burger
Carrots, Corn
Fruit cup & Cookie **26**

Crispy Tacos
Frito Pie,
Maverick Pizza
Charro Beans &
Fresh Salsa
Oranges **27**

Lasagna,
Chicken Burger
Chicken Nuggets
Mashed potatoes &
Gravy & Roll
Pears **28**

Hamburger/
Cheeseburger
Hot dogs,
Individual Pizza
Oven Fries, Carrots
Snowball salad **29**

Pulled pork sliders
Chicken Parmesan
Cheese Burger
Savory Green Beans
Chilled Pineapple **30**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

CAPTAIN CARROTENE

Carrot

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.



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.

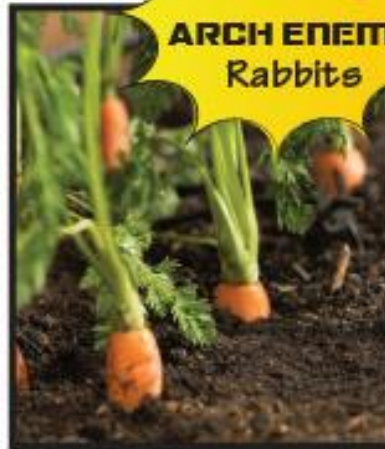
Sources: Texas A&M and AgLife Extension



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