

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Breakfast
Secondary

Breakfast Pizza
WGR Cereal Variety
with Toast,
Muffin & Yogurt

5

Chicken-N-Biscuit
, Donut with Sausage,
Breakfast Strudel with
Cheese stick,
or PBJ

6

Biscuit and Gravy with
Scrambled Eggs and
Bacon,
Breakfast Fruit Parfait
WGR Cereal Variety
With Toast,
Muffin & Yogurt

7

Pancake Wrap, with
Yogurt,
Dutch Waffle with
Sausage,
Breakfast Strudel with
Cheese stick,
PBJ

8

French Toast with
Bacon,
WGR Cereal Variety
with Toast,
Muffin & Yogurt

2

Cinnamon Roll with
Sausage,
WGR Cereal Variety
with Toast,
Muffin & Yogurt

9

Pancakes with Bacon,
WGR Cereal Variety
With Toast,
Muffin & Yogurt

12

Sunrise Sandwich,
Donut,
Breakfast Strudel
with Cheese stick,
Or PBJ

13

Monte Cristo Sandwich,
WGR Cereal Variety
With Toast,
Muffin & Yogurt

14

Oatmeal with
Cinnamon Toast,
Dutch Waffle with
Sausage,
WGR Cereal Bar with
Yogurt,
PBJ

15

Breakfast Burrito with
Hash browns,
WGR Cereal Variety
with Toast,
Muffin & Yogurt

16

SPECIAL ANNOUNCEMENTS

Includes Fruit,
100% Fruit Juice,
Milk Variety and
Water
* This Institution is
an equal
opportunity
provider

19

20

21

Happy
Thanksgiving
Day!

22

23

Sausage Kolache,
WGR Cereal Variety
With Toast,
Muffin & Yogurt

26

Cheese Omelet with
Toast,
Donut,
Breakfast Strudel with
Cheese stick,
PBJ

27

Waffles and Sausage,
Breakfast Fruit Parfait,
WGR Cereal Variety
With Toast,
Muffin & Yogurt

28

Breakfast Pizza,
Dutch Waffle with
Sausage,
WGR Cereal Bar with
Yogurt,
PBJ

29

Donut with Sausage,
French Toast with
Sausage,
WGR Cereal Variety
With Toast,
Muffin & Yogurt

30



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:

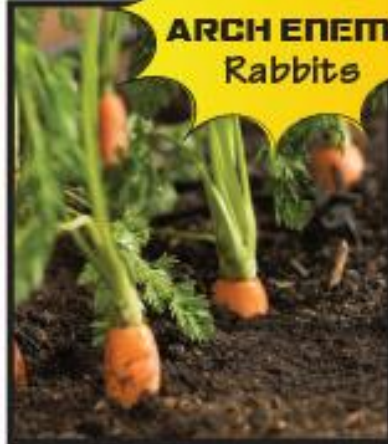
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- While the carrots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

Sources: Texas A&M and AgLife Extension