

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

**GARY ISD
Lunch**

SPECIAL ANNOUNCEMENTS

STAFF DEVELOPMENT
No Students

5

Chicken Strips
Tater Stars
Broccoli w/Cheese
Texas Toast
Fruit Choices

6

BBQ Beef Sandwich
Potato Chips
Carrot Sticks
w/Ranch
Fruit Choices

7

THANKSGIVING FEAST
Sliced Turkey
Cornbread Dressing
Green Beans, Roll
Pink Fruit Salad
Cranberry Sauce
Sweet Potato Souffle
Spice Cake

8

Pizza
w/Marinara Sauce
Fresh Veg w/Ranch
Salad w/Ranch
Cookie
Fruit Choices

9

Salisbury Steak
Scalloped Potatoes
Steamed Cabbage
Roll
Fruit Choices

12

BBQ Chicken
Potato Salad
Baked Beans
Roll
Fruit Choices

13

Grilled Cheese
Sandwich
Tomato Soup
Salad w/ Ranch
Fruit Choices

14

Spaghetti
in Meat Sauce
Green Beans
Salad w/Ranch
Garlic Toast
Fruit Choices

15

Chili Dog/Hot Dog
Doritos Chips
Celery Sticks w/
SunButter or Ranch
Cookie, Fruit Choice
EARLY RELEASE

16

HOLIDAY
NO SCHOOL

19

HOLIDAY
NO SCHOOL

20

HOLIDAY
NO SCHOOL

21

THANKSGIVING DAY
NO SCHOOL

22

HOLIDAY
NO SCHOOL

23

Chicken Nuggets
Waffle Fries
Green Beans
Roll
Fruit Choices

26

Sloppy Joe
Potato Chips
Broccoli Trees
w/Ranch
Fruit Choices

27

Frito Pie
Salsa
Pinto Beans
Salad w/Ranch
Fruit Choices

28

Sweet & Sour or
Teriyaki Chicken
Brown Rice or Roll
Chinese Vegetables
Orange Glaze Carrots
Fruit Choices

29

Pizza
w/Marinara Sauce
Salad w/Ranch
Corn, Cookie
Fruit Choices

30

LUNCHESES SERVED DAILY: Special Entrée, Choice of Vegetables, Fruit, Whole Grain Bread and Milk (Flavored Fat Free, or Unflavored 1%) **YOU MUST SELECT 3 Components for the National Lunch Program.** CHEF SALADS as whole meals by preorder **ONLY FOR 3RD-6TH Gr Tues-Thurs.** Chef Salads for JH & HS and staff are first come first serve, unless pre-ordered.
Questions or Comments:
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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:

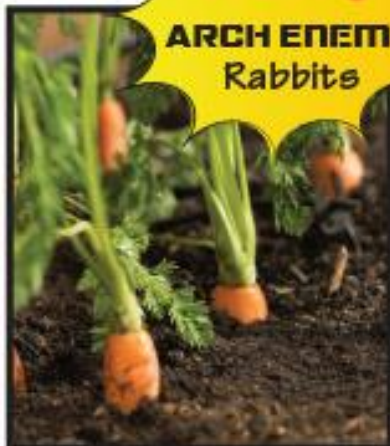
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20–25 minutes, or until tender.
- While the carrots 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.



POW!

ARCH ENEMY

Rabbits



Answers

3	X	O	J	K	O	B	N
7	H	R	V	A	L	Q	
9	M	8	7	0	V	1	
V	M	0	1	1	A	8	
L	0	U	0	0	R	H	
3	V	H	8	0	L	8	
0	4	3	F	M	7	0	
3	8	L	0	V	U	N	
W	4	C	V	0	0	F	

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!

Sources: Texas A&M and AgLife Extension