

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

**GARY ISD
Breakfast**

SPECIAL ANNOUNCEMENTS

STAFF DEVELOPMENT
No Students
5

Donut w/Yogurt Cup
Sausage & Biscuit Cereal Choices
Fruit 6

Sausage & Egg Croissant
Sausage & Biscuit Cereal Choices
Fruit 7

Oatmeal w/Muffin & Sausage
Sausage & Biscuit Cereal Choices
Fruit 1

Pancake Club Sandwich
Sausage & Biscuit Cereal Choices
Fruit 2

Blueberry Pancakes w/Bacon
Sausage & Biscuit Cereal Choices
Fruit 12

French Toast w/Sausage Link
Sausage & Biscuit Cereal Choices
Fruit 13

Sausage & Egg Croissant
Sausage & Biscuit Cereal Choices
Fruit 7

Fruit Parfait Cinnamon Toast
Sausage & Biscuit Cereal Choices
Fruit 8

Biscuit & Gravy w/Eggs & Bacon
Sausage & Biscuit Cereal Choices
Fruit 9

HOLIDAY
NO SCHOOL
19

HOLIDAY
NO SCHOOL
20

HOLIDAY
NO SCHOOL
21

THANKSGIVING DAY
NO SCHOOL
22

HOLIDAY
NO SCHOOL
23

Morning Roll w/Cheese Stick
Sausage & Biscuit Cereal Choices
Fruit 26

Cinnamon Roll w/Sausage Link
Sausage & Biscuit Cereal Choices
Fruit 27

Breakfast Burrito Hash Browns
Sausage & Biscuit Cereal Choices
Fruit 14

Cream of Wheat w/Muffin & Bacon
Sausage & Biscuit Cereal Choices
Fruit 15

Ham, Egg & Cheese Ciabatta
Sausage & Biscuit Cereal Choices
Fruit
EARLY RELEASE 16

OFFERED DAILY: Special Morning Entree, Sausage & Biscuit, OR Gab & Go Breakfast Choices (Choice of 2: Graham Cracker AND/OR a variety of cereal) including a fresh fruit or 100% Fruit Juice, AND choice of Milk; 1% White OR Fat Free Chocolate.
Questions or Comments: 903-685-2291 ext. 2503
jmiller@garyisd.net

Waffles w/Bacon
Sausage & Biscuit Cereal Choices
Fruit 28

Fruit Parfait Cinnamon Toast
Sausage & Biscuit Cereal Choices
Fruit 29

Cheese Omelet w/Texas Toast
Sausage & Biscuit Cereal Choices
Fruit 30

Waffles w/Bacon
Sausage & Biscuit Cereal Choices
Fruit 28

Fruit Parfait Cinnamon Toast
Sausage & Biscuit Cereal Choices
Fruit 29

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.



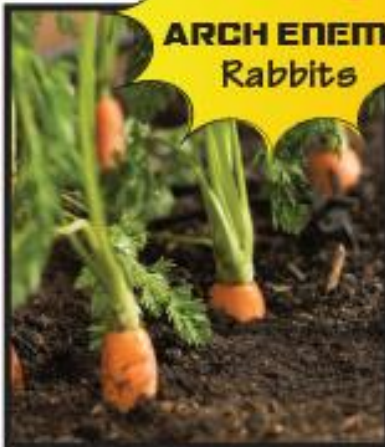
WORD SEARCH

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

ARCH ENEMY

Rabbits



Answers

B	X	O	A	K	O	D	N
7	H	X	V	J	A	L	D
Q	M	B	T	O	V	L	
V	M	O	I	L	A		
L	O	L	O	R	I	H	
E	V	H	R	K	T	O	
D	A	Z	F	M	L	O	
B	O	L	O	V	N	M	
W	R	V	O	S	R	F	

JOKE OF THE MONTH

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

Sources: Texas A&M and AgLife Extension