

# NOVEMBER



## Special Announcements

Our Thanksgiving Dinner will be November 8<sup>th</sup> this year!! Please RSVP to the school by Friday, November 4<sup>th</sup> this will be for grades K-5!

6-12 Parents are also welcome to come but you must also RSVP by November 4<sup>th</sup>.

Milk variety and/or water is offered with every meal every day!



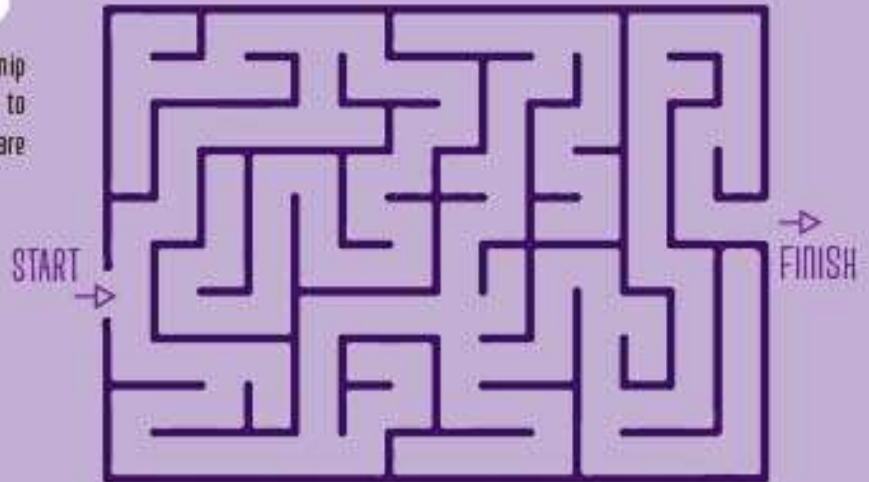
Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>All Saints Day No School</b>	2 <b>Pizza Or Fiesta Bowl</b> Garden Salad Tiny Tomato Cup Fruit Cup	3 <b>Chicken Nuggets Mac and Cheese Savory Green Beans</b> Or <b>Asian Stir-Fry Flatbread</b> Broccoli Apple Slices	4 <b>Hamburger w/wo cheese Or Corn Dog</b> Oven Fries Baby Carrots Sliced Peaches Crispy Cereal Treat
7 <b>Country Fried Steak Or Mustang Meatloaf</b> Mashed Potatoes Savory Green Beans Strawberry Cup Roll	8 <b>Turkey Dressing Mashed Potatoes Savory Green Beans Pumpkin Pie or Fresh Fruit Cranberry Sauce Roll</b>	9 <b>Chicken Spaghetti Breadstick Or Pizza</b> Garden Salad Vegetable Medley Orange Smiles	10 <b>Soft Tacos Or Frito Pie</b> Baby Carrots Mexicali Corn Salsa Peaches Cookie	11 <b>Chicken Strips w/Texas Toast Or Hamburger w/wo cheese</b> Coleslaw Sweet Potato Fries Apple Slices
14 <b>Corn Dog Or Stuffed Baked Potato w/roll</b> Baked Beans Broccoli Apple-Pineapple D'Lite	15 <b>Nachos Grande Refried Beans Salsa Or Grilled Cheese Sandwich Soup</b> Tiny Tomato Cup Cucumber Dippers Pears Sherbet	16 <b>Chicken Sandwich Oven Fries Or X-Treme Burrito</b> Salsa <b>Seasoned Corn</b> Fresh Veggie Cup Mandarin Oranges Milk	17 <b>Country Pot Pie Or Salisbury Steak w/Biscuit</b> <b>Roasted Potatoes</b> Garden Salad Fruity Gelatin Milk	18 <b>Pizza Or Hot Dog w/corn chips</b> Baby Carrots Crunchy Broccoli Salad Fresh Grapes Cookie Milk
21 <b>Lasagna w/meat sauce Or Chicken Nuggets</b> <b>Mashed potatoes (nuggets only)</b> Roll Garden salad Tuscan Vegetables Fresh Fruit	22 <b>Asian Bowl w/eggroll Or Pizza</b> Baby Carrots Steamed Broccoli Chilled Pineapple Sugar Cookie	23 <b>Tex-Mex Stack w/rice Or Chicken Fajitas</b> Refried Beans Salsa Tiny Tomato Cup Hot Cinnamon Apples	24 <b>Happy Thanksgiving No School</b> <b>THANKSGIVING DAY</b>	25
28 <b>Steak Fingers Or Breaded Pork Chops</b> Roll Mashed Potatoes Carrot Coins Strawberries & Bananas	29 <b>Spaghetti Bowl w/Breadsticks Or French Bread Pizza</b> Garden Salad California Blend Veggies Peaches Pudding	30 <b>Mexican Combo Plate Or Chicken Quesadilla</b> Mexicali Corn Charro Beans Salsa Cinnamon Applesauce	<b>Good Eats At:</b>  <b>St Joseph &amp; Holy Cross</b>	

# Turnips

Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November



## Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below.



Growing Regions



**Calcium:** Turnips are also a good source of calcium. Calcium helps keep your bones strong.

# Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)