

NOVEMBER

2018



M T W TH F

Call me
CAPTAIN CARROTENE!

GOOD EATS AT

St Joseph & Holy Cross

Enchilada
Or
Taquitos w/Queso
Beans
Corn
Fruit
5

Meatball Sub
Tater Tot
Or
Chili Cheese Combo
Veggie Cup
Mixed Fruit
6

Chicken Nuggets
Mac & Cheese
Savory Green Beans
Or
Asian Stir-Fry
Garden Salad
Strawberries
7

All Saints Day!
No School
1

Chicken Bowl
Or
Breaded Pork Chop
Mashed Potatoes
Savory Green Beans
Roll
2

Steak Fingers
Roll
Or
Philly Cheesesteak
Sandwich
Mashed Potatoes
Carrot Coins
Strawberries & Bananas
12

Spaghetti Bowl
Breadstick
Or
French Bread Pizza
Garden Salad
California Blend Vegetables
Fruit Cup
Pudding
13

Boneless Chicken Wings
Or
Texas Chili
Celery Sticks
Carrot
Combread
Orange Smiles
Brownie
14

Mexican Combo
Or
Chicken Quesadilla
Spanish Rice
Corn
Beans
Fruit
15

Hamburger w/wo Cheese
Or
Frito Pie
Cucumber Slices
Carrots
Cinnamon Applesauce
Cookie
9

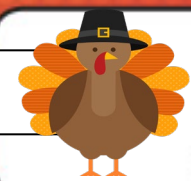
Breaded Drum Stick
Or
Pizza
Corn
Carrots
Grapes
Cookie
19

Crispy Tacos
Or
Frito Pie
Veggie Cups
Beans
Orange Smiles
20

Thanksgiving Dinner
8

Popcorn Chicken
Roll
Or
Sloppy Joe Sandwich
Broccoli
Oven Fries
Peaches
16

Happy Thanksgiving!
21



Corn Dog
Tater Tot
Or
Oven Roasted Chicken
Broccoli
Baked Beans
Apple-Pineapple D'Lite
26

Nachos Grande
Beans
Or
Taco Soup
Combread
Tiny Tomatoes
Cucumbers
Peaches
Sherbert
27

Chicken Sandwich
Oven Fries
Or
X-Tream Burrito
Corn
Veggie Cup
Mandarin Oranges
28

Asian Bowl
Eggroll
Or
Salisbury Steak
Biscuit
Roasted Potatoes
Garden Salad
Fruity Gelatin
29

Pizza
Or
Grilled Cheese Sandwich
Soup
Carrots
Salad
Fruit
Brownie
30

SPECIAL ANNOUNCEMENTS

Happy Thanksgiving to all our great Families!

The Cafeteria Staff,
Alejandra
Judi
Imelda



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i s
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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

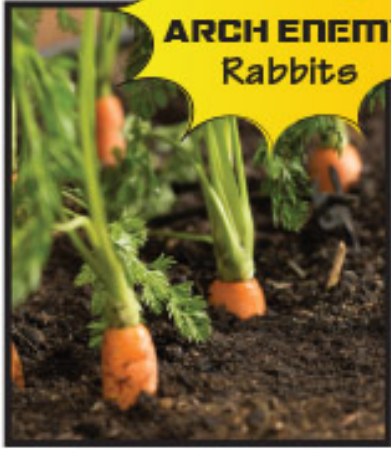
Directions:

- 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

Answers

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

JOKE OF THE MONTH

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

Sources: Texas A&M and AgLife Extension