

# NOVEMBER

2018



**M T W TH F**  
 Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

**Head Start  
 1-2 yrs.  
 Full-Day Menu**

Egg & Cheese Slider/Diced Peaches/(A)Milk  
 Chicken Vegetable Salad  
 Club Crackers  
 Crushed Pineapple  
 (A)Milk  
Soy Butter & Jelly Sandwich 5

Oatmeal/Blueberries/(A)Milk  
 Cheese Pizza w/ Mushrooms  
 Diced Carrots  
 Mandarin Oranges  
 (A)Milk  
Peach Yogurt  
Diced Red Apple 6

French Toast Sticks  
Diced Strawberries/(A)Milk  
 BBQ Brisket /Biscuit  
 Green Beans  
 Diced Pear  
 (A)Milk  
Applesauce w/ Cinnamon  
Wheat Crackers 7

Grilled Bean & Cheese Sandwich/(A)Milk  
 Spaghetti w/ Meat Sauce  
 Diced Cucumber w/ Italian Dressing  
 Diced Cantaloupe/(A)Milk  
Blueberry Muffin  
 (A)Milk 8

Cheerios/Banana (A)Milk  
 Turkey Meat Ball Soup  
 Diced Watermelon  
 (A)Milk  
Diced Cucumber /Dressing  
Saltine Crackers 2

Cream of Wheat/Diced Green Apple/(A)Milk  
 Lemon Pepper Chicken  
 Broccoli  
 Brown Rice  
 Diced Honeydew  
 (A)Milk  
 Corn Flakes/(A)Milk 9

**SPECIAL ANNOUNCEMENTS**

**Veterans Day**

WG Toast/Diced Pear/Cottage Cheese/(A)Milk  
 BBQ Chicken  
 Mashed Potatoes w/ Gravy  
 Diced Peaches  
 (A)Milk  
Diced Watermelon  
Mozzarella Cheese Stick 13

Oatmeal/Diced Red Apples (A)Milk  
 Beef Vegetable Stew  
 Corn Bread  
 Diced Cantaloupe/(A)Milk  
Diced Cucumber/Dressing  
Wheat Crackers 14

Zucchini Muffin/Diced Honeydew/(A)Milk  
 Turkey / Cranberry Sauce  
 Mashed Potatoes w/ Gravy  
 Green Beans / Dinner Roll  
 Pumpkin Muffin Square  
 (A)Milk  
Banana/ Toast w/ Soy Butter 15

**No School**

**November 12<sup>th</sup>**  
 Veteran's Day/ No School  
**November 16<sup>th</sup>**  
 No School  
**November 19<sup>th</sup>- 23<sup>rd</sup>**  
 Thanksgiving Holiday/No School  
**November 29<sup>th</sup>**  
 Birthday Celebration

**Thanksgiving Holiday  
 November 19<sup>th</sup> –  
 23<sup>rd</sup>**

Cream of Wheat/Blueberries (A)Milk  
 Chicken Vegetable Salad  
 Club Crackers  
 Crushed Pineapple  
 (A)Milk  
Kix/(A)Milk 26

French Toast Sticks/Diced Green Apples/(A)Milk  
 Spaghetti w/ Meat Sauce  
 Spinach  
 Diced Pear/ (A)Milk  
Greek Yogurt  
Mango 27

Cheerios/Banana/(A)Milk  
 Cheese Pizza w/ Diced Mushrooms  
 Diced Carrots  
 Diced Watermelon  
 (A)Milk  
Diced Cucumber / Dressing  
Mozzarella Cheese Stick 28

**Birthday Celebration**  
Oatmeal/Mandarin Oranges/(A)Milk  
 Picadillo w/ Potatoes  
 Zucchini w/ Cheese  
 Spanish Rice  
 (A)Milk  
Muffin/(A)Milk 29

Egg & Cheese Slider/Diced Peaches/(A)Milk  
 Chicken Meatballs in Mushroom Sauce  
 Green Beans  
 Diced Cantaloupe/(A)Milk  
Soy Butter & Jelly  
Sandwich 30

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 COMMISSIONER SID MILLER



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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.

Sources: Texas A&M and AgLife Extension

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

### JOKE OF THE MONTH

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