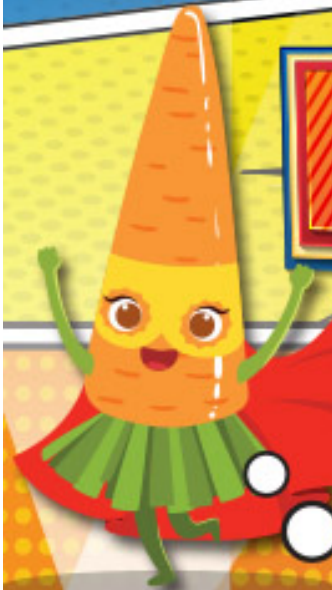


NOVEMBER

2018



M **T** **W** **TH** **F**

Call me
CAPTAIN CARROTENE!

GOOD EATS AT

**Head Start
3-5 yrs.
Full-Day Menu**

SPECIAL ANNOUNCEMENTS

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

Oatmeal/Blueberries/(A)Milk
Cheese Pizza w/ Mushrooms
Lettuce/Tomato Salad/Dressing
Orange Wedges (A)Milk
Peach Yogurt
Red Apple Wedges 6

French Toast Sticks
Diced Strawberries/(A)Milk
BBQ Brisket on a Kaiser Roll
Shredded Lettuce, Carrot & Red Cabbage
Lentil Soup
Yellow Apple Wedges/(A)Milk
Applesauce w/ Cinnamon
Wheat Crackers 7

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

Cheerios/Banana (A)Milk
Turkey Meat Ball Soup
Diced Watermelon (A)Milk
Cucumber Coins/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

Veteran's Day

12

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

Oatmeal/Diced Red Apples (A)Milk
Beef Vegetable Stew
Corn Bread
Diced Cantaloupe/(A)Milk
Baby Carrots/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

16

**Thanksgiving Holiday
November 19th –
23rd**

19

20

21

22

23

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

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

Cheerios/Banana/(A)Milk
Cheese Pizza w/ Mushrooms
Lettuce/Tomato Salad/Dressing
Diced Watermelon (A)Milk
Baby Carrots / Dressing
Mozzarella Cheese Stick 28

Birthday Celebration
Oatmeal/Orange Wedges/(A)Milk
Picadillo w/ Potatoes
Zucchini w/ Cheese
Spanish Rice (A)Milk
Muffin/(A)Milk 29

Egg & Cheese Slider/Peaches/(A)Milk
Chicken Meatballs in Mushroom Sauce
Cucumber & Tomato w/ Italian Dressing
Diced Cantaloupe/(A)Milk
Soy Butter & Jelly Sandwich 30

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

JOKE OF THE MONTH

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