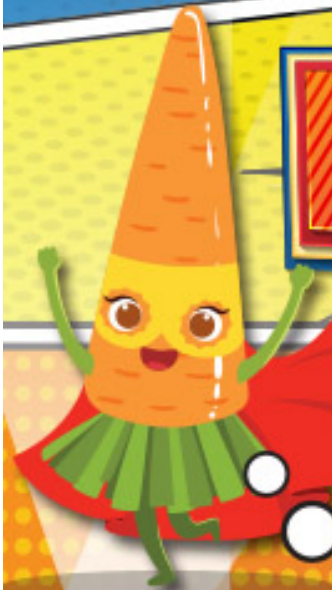


# NOVEMBER

2018



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

**GOOD EATS AT**

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

**SPECIAL ANNOUNCEMENTS**

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

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

French Toast Sticks  
Diced Strawberries  
 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  
 Spaghetti w/ Meat Sauce  
 Sliced Cucumber/Tomato w/  
 Italian Dressing  
 Diced Cantaloupe/(A)Milk  
Blueberry Muffin  
 (A)Milk 8

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

**Veterans Day**

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

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

Zucchini Muffin/(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>**  
 Veterans 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>**

20

21

22

23

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

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

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

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

Egg & Cheese Slider  
 Chicken Meatballs in  
 Mushroom Sauce  
 Cucumber & Tomato w/  
 Italian Dressing  
 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



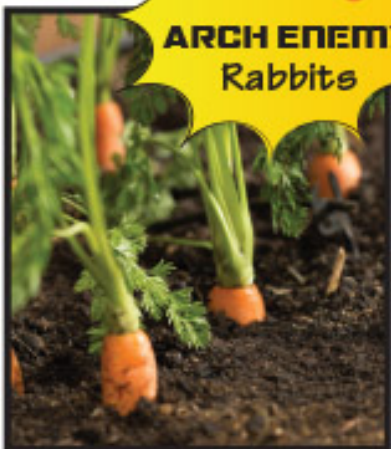
### Directions:

- 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

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Answers

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| 13 | A | G | H | J | E | A |   |
| 14 | M | U | V | O | T |   |   |
| 15 | R | V | C | V | C | E |   |

## JOKE OF THE MONTH

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