

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

Pancakes &
Sausage

5

Breakfast
Bagel

6

Eggstravaga
nza & Toast

7

Pigs in a
Blanket

8

Breakfast
Donut

9

Breakfast
Muffin

12

Breakfast
Pizza

13

Pancake on
a Stick

14

Sausage &
Biscuit

15

Mini
Cinnamon
Rolls

16

19

19

20

20

21

21

22

22

23

23

Breakfast
Waffles

26

Breakfast
Bagel

27

Breakfast
Tacos

28

French
Toast
Sticks

29

Breakfast
Burrito

30

GOOD EATS AT

Charlotte Secondary Cafeteria

Cereal & Toast offered each day as a choice.
Fruit & Juice Offered each day

Menu Subject to Change

SPECIAL ANNOUNCEMENTS

Turkey Dinner & all the Trimmings

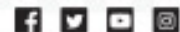
November 7th, 2018

Visitor price \$4.25

November 19, 2018 thru
November 23
Thanksgiving Holiday



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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 tap. 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

JOKE OF THE MONTH

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

Answers

B	X	O	A	R	O	S	N
T	H	K	V	J	A	L	S
R	M	O	T	O	V	L	T
V	M	O	I	L	A	S	
T	C	O	O	R	I	H	
E	V	H	S	K	T	O	
A	Z	J	R	H	L	O	
R	U	V	O	V	M	U	
W	R	V	O	V	R	W	

Sources: Texas A&M and AgLife Extension