

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Richland
Springs
ISD

SPECIAL ANNOUNCEMENTS

Holiday
5

Cinnamon Rolls
Nachos w/ground beef
Ranch Beans
Salad
Pears
Milk
6

Danish
Chicken Penne
Salad w/tomato
Baby Carrot
Peaches
Milk
7

Morning Sausage Roll
Corndogs
Baked Beans
Tomatoes/cucumber
Mixed Fruit
Milk
8

Biscuit w/jelly
BBQ on a Bun
Ranch Beans
French Fries
Fresh Fruit
Milk
2

French Toast Sticks
Steak Fingers
Carrots
Salad
Pears
Milk
12

Waffles
Tater Tot Casserole
Corn, Salad, Cornbread
Mixed Fruit
Milk
13

Danish
Chicken Nuggets
Mashed Potatoes
Green Beans
Mandarin Oranges
Milk
14

Pancake on a Stick
Enchiladas
Pinto Beans
Salad w/ tomatoes
Pineapple
Milk
15

Biscuit w/jelly
Pizza
Corn
Salad w/tomatoes
Mixed Fruit
Milk
16

Breakfast Pizza
Salisbury Steak
Scallop Potatoes
Cork
Peaches
Milk
19

Pancake w/syrup
Turkey Dressing
Mashed Potatoes
Green Beans Rolls
Cheese Cake
Milk
20

Danish
Chicken Quesadilla
Pinto Beans
Salad w/tomato
Pineapples
Milk
21

Holiday
22

Holiday
23

French Toast Sticks
Southwest Chicken
Casserole
Corn
Salad w/tomatoes
Mixed Fruit
Milk
26

Cinnamon Roll
Chili
Baked Potatoes
Broccoli
Cheese
Peaches Milk
27

Danish
Crispy Taco
Beans
Salad w/tomato
Mandarin Oranges
Milk
28

Pancake on a Stick
Fiesta Bowl: includes
Rice, black beans, Corn
Salsa, Cheese
Mandarin Oranges
Milk
29

Biscuit w/jelly
Hamburger w/bun
Lettuce, tomatoes
Fries
Fruit
Milk
30

- November 5 Student Holiday
- November 9 Veterans Day Meal
- November 16 Early Release
- November 20 Thanksgiving Meal
- November 21 Early Release
- November 22-23 Thanksgiving Holidays



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t g+ i
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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

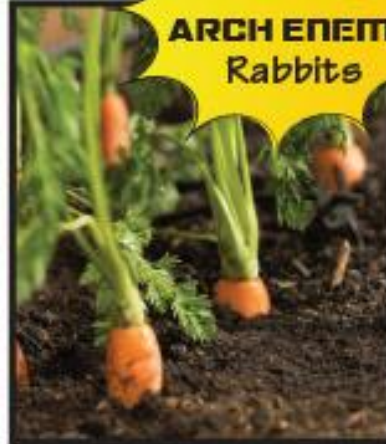
Directions:

- 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

JOKE OF THE MONTH

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

Answers

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

Sources: Texas A&M and AgLife Extension