

# NOVEMBER

2018



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Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

**HENDERSON  
ISD**

**SPECIAL  
ANNOUNCEMENTS**

Please join us on  
November 13<sup>th</sup> for a  
delicious homemade  
Thanksgiving meal  
with your child.

PEPPERONI PIZZA  
OR CHEESY BITES  
PIZZA SAUCE  
COOKED CARROTS  
BLACK EYED PEAS  
SOUR FRUIT CUPS  
MILK 5

PANCAKES WITH  
SAUSAGE OR EGGS  
BABY CARROTS W/ DIP  
HASHBROWNS  
BLUEBERRIES W/ WHIP  
TOPPING 6

CHICKEN NUGGETS  
MASHED POTATOES  
STEAMED SPINACH  
TEXAS ORANGES  
HOMEMADE ROLL  
MILK 7

CHEESY BITES  
OR BEEF TACO WRAP  
STEAMED CORN  
PIZZA SAUCE  
GARDEN SALAD  
APPLE SLICES  
MILK 1

BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
FRESH SALSA  
TEXAS WATERMELON  
MILK 2

BEEF OR CHICKEN  
CHEESY NACHOS  
REFRIED BEANS  
GARDEN SALAD  
APPLE SLICES  
MILK 8

CHEESEBURGER  
OR CORNDOG BITES  
POTATO SMILES  
BURGER SALAD  
BAKED BEANS  
APPLESAUCE CUPS  
MILK 9

BBQ SANDWICH  
OR CORNDOG  
REDUCED FAT CHIPS  
BABY CARROTS W/ DIP  
BAKED BEANS  
BLUEBERRIES W/ WHIP  
MILK 12

**THANKSGIVING MEAL**  
POPCORN CHICKEN  
OR TURKEY & DRESSING  
MASHED POTATOES  
GREEN BEANS  
STRAWBERRIES  
HOMEMADE ROLL 13

BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
GARDEN SALAD  
SOUR FRUIT CUPS  
MILK 14

PEPPERONI PIZZA  
OR CHEESY BITES  
PIZZA SAUCE  
COOKED CARROTS  
STEAMED CORN  
TEXAS ORANGES  
MILK 15

CHEESEBURGER  
TATER TOTS  
BURGER SALAD  
RAISELS  
MILK 16

**HAPPY THANKSGIVING!**

CHICKEN FRIED STEAK  
OR CHICKEN NUGGETS  
CHEESY BROCCOLI  
SWEET POTATOES  
APPLESAUCE  
MAC N CHEESE  
MILK 26

CHEESEBURGER  
CORNDOG BITES  
CURLY FRIES  
BURGER SALAD  
BAKED BEANS  
RAISELS  
MILK 27

POPCORN CHICKEN  
OVEN FRIED CHICKEN  
MASHED POTATOES  
CALIFORNIA VEGGIES  
ORANGE SLICES  
HOMEMADE ROLL  
MILK 28

PANCAKES WITH  
SAUSAGE OR EGGS  
BABY CARROTS W/ DIP  
HASHBROWNS  
BLUEBERRIES W/ WHIP  
TOPPING  
MILK 29

BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
GARDEN SALAD  
SOUR FRUIT CUPS  
MILK 30



TEXAS DEPARTMENT OF AGRICULTURE  
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

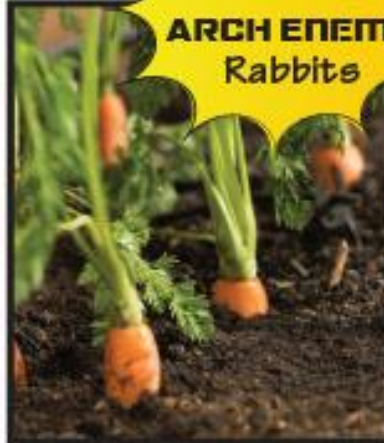
Directions:

- 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.



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

Sources: Texas A&M and AgLife Extension