

NOVEMBER 2017

MON

TUE

WED

THUR

FRI

Good Eats at:
**HENDERSON
ISD**

Special Announcements

BREAKFAST:

The most important meal of the day.

1. Improves attentiveness in class.
2. Nourishes the student and prepares the brain to absorb information.
3. Increases test scores
4. Offered FREE to all students PK-5 at HISD

Please join us!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

		POPCORN CHICKEN MASHED POTATOES GREEN BEANS RIPS HOMEMADE ROLL MILK	CHEESEBURGER WAFFLE FRIES BROCCOLI W/ DIP BURGER SALAD RAISELS MILK	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS STEAMED CABBAGE BLUEBERRIES W/ WHIP TOPPING MILK	
			1	2	3
OVEN FRIED CHICKEN OR STEAK FINGERS BLACK EYED PEAS COOKED CARROTS ORANGE SLICES MAC N CHEESE MILK	BEEF OR CHICKEN CRUNCHY TACOS REFRIED BEANS LETTUCE/ TOMATO STEAMED CORN APPLE SLICES MILK	CHILI CHEESE HOTDOG OR FRITO PIE CHEESY BROCCOLI BABY CARROTS W/ DIP RAISELS MILK	THANKSGIVING LUNCH TURKEY & DRESSING OR CHICKEN NUGGETS MASHED POTATOES GREEN BEANS BLUEBERRIES W/ WHIP TOPPING HOMEMADE ROLL MILK	CHEESEBURGER TATER TOTS BURGER SALAD BAKED BEANS RIPS MILK	
6	7	8	9	10	
CHICKEN SPAGHETTI OR POPCORN CHICKEN MASHED POTATOES GREEN BEANS PEACHES GARLIC TOAST MILK	BREADED OR HOT N SPICY CHICKEN SANDWICH BAKED CHIPS BROCCOLI W/ DIP BAKED BEANS WATERMELON CUPS MILK	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS FRESH SALSA BLUEBERRIES W/ WHIP TOPPING MILK	PEPPERONI PIZZA OR CHEESE STICKS STEAMED CORN MARINARA SAUCE GARDEN SALAD APPLE SLICES MILK	CHEESEBURGER WAFFLE FRIES BURGER SALAD RAISELS MILK	
13	14	15	16	17	
HAPPY THANKSGIVING					
			23		
20	21	22		24	
CHILI CHEESE HOTDOG OR FRITO PIE CHEESY BROCCOLI COOKED CARROTS ROSY APPLESAUCE MILK	PANCAKES WITH EGGS OR SAUSAGE HASHBROWN PATTY BABY CARROTS W/ DIP FRUIT CHOICE MILK	PEPPERONI PIZZA OR CHEESE STICKS SEASONED SQUASH GARDEN SALAD WATERMELON CUPS MILK	CHEESEBURGER WAFFLE FRIES BURGER SALAD BAKED BEANS RAISELS MILK		
27	28	29	30		

1123

Thanksgiving Day



Fun facts on back! ➔

Launch PAD

CARROT GROWING REGIONS

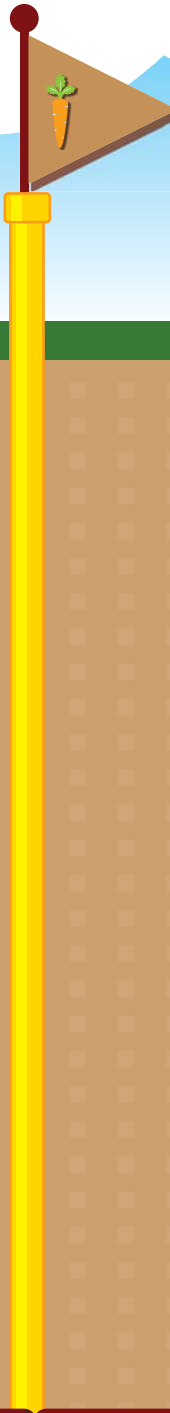


1. The High Plains
2. Winter Garden



The Wise WIZARD

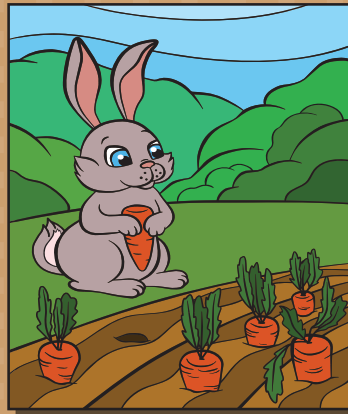
Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.



CARROT

I'm Curtis Carrot. I am a root vegetable like potatoes, turnips and beets. Root vegetables are the roots of plants that grow underneath the ground. Above ground, I have a ferny, green head of hair. We are used a lot for cooking and we have a lot of vitamin A. We have so many uses. You can chop us for soups, casseroles and stews. Eat us raw in salads or with a dip. Shred us for use in carrot cake and other desserts. Or even blend us for a yummy juice. Texas is the fifth-ranked state in America for growing carrots.

Find the 12 DIFFERENCES



Gingered CARROTS



INGREDIENTS

- 1 lb Fresh carrots, peeled
- ½ tsp Honey
- 1 Tbsp Lemon juice
- 2 tsp Dried parsley
- 2 Tbsp Margarine
- ⅛ tsp Ground ginger

PREPARATION

1. Cut carrots diagonally into thin slices.
2. Steam until tender.*
3. In a small mixing bowl, combine remaining ingredients; pour over carrots.
4. Serve immediately.
5. Portion with a No. 16 scoop or ¼ cup.

* Various methods of steaming include using a double boiler, microwave or steamer. Time will vary according to the method used.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Fun FACT

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of their royal family.



Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

