

NOVEMBER

2018



M T W T H F
 Call me
CAPTAIN CARROTENE!

GODD EATS AT

**The Wildcat Café
 Breakfast
 HS-12th**

Sausage Roll **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

5

French Toast **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

6

Breakfast Parfait
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

7

Bacon & Cheese
 Breakfast Frittata
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

1

Cinnamon
 Rolls **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

2

Breakfast Burrito **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

8

Donut **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

9

Chicken Biscuit **OR**
 Cereal and Graham
 Crackers
 Juice
 Milk

12

Breakfast on a Stick
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

13

Chocolate Chip Muffins
 w/String Cheese
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

14

Honey Bun
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

15

Breakfast Club
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

16



19



20



**Eat TONS and
 take a nap.**

21



22



23

Mini Blueberry Waffles
 w/Syrup **OR**
 Cereal and Graham
 Cracker
 Juice
 Milk

26

Sausage, Biscuit, &
 Gravy **OR**
 Cereal and Graham
 Cracker
 Juice
 Milk

27

Bagel w/Strawberry
 Cream Cheese Filling
OR
 Cereal and Graham
 Cracker
 Juice
 Milk

28

Scrambled Eggs
 w/Toast
OR
 Cereal and Graham
 Crackers
 Juice
 Milk

29

Breakfast Pizza **OR**
 Cereal and Graham
 Cracker
 Juice
 Milk

30

SPECIAL ANNOUNCEMENTS

Students must take at least three (3) of the four (4) items offered but are encouraged to take all four. One (1) of the items chosen must be a fruit.

All juice served are 100% juice. A choice of flavored milk is offered every day.

Menus are subject to change due to availability.



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:

1. Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
2. Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
3. Roast carrots in oven for 20-25 minutes, or until tender.
4. 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.
5. Sprinkle with sesame seeds.
6. Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.



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

ARCH ENEMY

Rabbits



Answers

S	O	I	L	F	A	R	M
L	R	O	O	T	C	T	
D	R	O	O	T	C	T	
V	E	G	E	T	A	B	L
T	I	C	A	R	O	T	
E	T	C	A	R	O	T	
D	L	S	W	A	B		
R	O	O	T	C	T		
F	A	R	M	L			

JOKE OF THE MONTH

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

Sources: Texas A&M and AgLife Extension