

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

GODD EATS AT

The Wildcat
Café
Headstart –
Elementary
Lunch

SPECIAL ANNOUNCEMENTS

All students are offered a complete meal to include the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the five (5) to be considered a full meal, but are encouraged to take all five (5). One (1) of the items chosen must be a fruit or vegetable. A choice of milk is offered daily.

Menus are subject to change due to availability.

M	T	W	TH	F
		Chicken Nuggets w/ Waffles Beef Tips w/Rice Seasoned Carrots Fruit 1	Pepperoni Pizza Chicken Sandwich (Regular or Spicy) Hot Wings – JH/HS Only Crinkle Cut French Fries Sidekick Smoothie 2	
Steak Fingers w/Roll Breaded Pork Chop w/Roll Baby Bakers Peas Fruit 5	Beefy Nachos Chicken Crisпитos Charro Beans Fruit 6	Lasagna Cheese Sticks w/Marinara Italian Vegetables Fruit 7	Chili w/Cornbread Chicken Fried Steak on a Bun Carrot Coins Fruit 8	Player One Pizza Pasta Pepperoni Bake Popcorn Chicken w/Roll Firecracker Sweet Potatoes Fruit Sidekicks 9
Cheeseburgers Italian Turkey & Cheese Panini Winter Vegetables Fruit 12	Mini Chicken Tacos Cheesy Enchiladas Mexicali Corn Fruit 13	Hot Dogs Stuffed Crust Hamburger&Pepperoni Pizza Hot Wings – JH/HS Only Potato Wedges Fruit 14	Sliced Turkey w/Gravy Mashed Potatoes Stuffing Seasoned Green Beans Cranberry Sauce Rolls Apple Spice Cake or Pie 15	Sack Lunch: Corn Dogs Tortilla Chips Apple Milk Early Release Day 16
 19	 20	 21	 Happy Thanksgiving! To You And Your Family 22	 Give Thanks! 23
Chicken Strips w/Texas Toast BBQ Beef or Pork on a Bun Baked Beans Fruit 26	Beefy Tacos Xtreme Burrito w/White Cheese Sauce Mexicali Corn Fruit 27	Asian Beef Stir-Fry w/Egg Roll General Tso's Chicken w/Egg Roll Fried Rice Asian Vegetable Medley Fruit 28	Ham & Cheese Melt Chicken & Noodles Mixed Vegetables Fruit 29	Cheesy Pizza Hamburger w/Burger Salad Curly Fries Sidekicks 30

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.

Sources: Texas A&M and AgLife Extension



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

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

JOKE OF THE MONTH

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