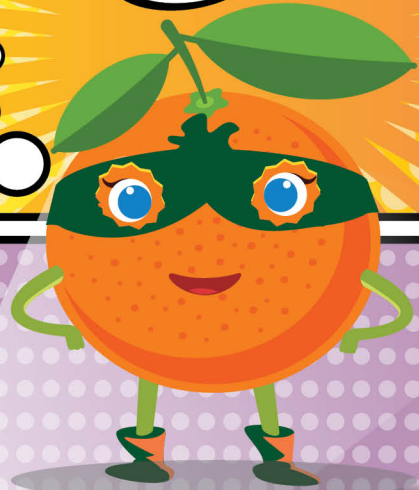


My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M

T

W

TH

F

**GOOD
EATS AT**

Coahoma ISD
Breakfast
Prices: \$1.60
Students \$2.35
Visitors \$2.35
Adults \$0.30
Reduced

**SPECIAL
ANNOUNCEMENTS**

Offered Daily: Whole Fresh
Fruit, Choice of Milk: 1% Plain,
Fat Free Chocolate, Fat Free
Strawberry
Monday, Wednesday, Friday:
Cereal/Toast Or Muffin Yogurt
Tuesday, Thursday Cereal Bar/
Yogurt OR Frudel/ Chesestick
*Menus subject to change or
substitutions

Early Bird
Sandwich OR
Breakfast Pizza
Fruit Juice,
Fruit, Milk 4

French Toast W/
Sausage OR
Monte Cristo
Sandwich
Fruit Juice, Fruit,
Milk 5

Power Breakfast
Biscuit, Gravy,
Eggs, Bacon
Fruit Juice,
Fruit, Milk 6

Pancake Wrap Or
Sausage Kolache
W/ Yogurt
Fruit Juice, Fruit,
Milk 7

Dutch Waffle
w/Bacon OR
French Toast
W/ Bacon
Fruit Juice,
Fruit, Milk 1

Cinnamon Roll
W/ Sausage OR
Biscuit W/
Sausage Fruit
Juice, Fruit, Milk 8

Pancakes W/
Bacon
Fruit Juice,
Fruit, Milk 11

Sunrise
Sandwich OR
Cheesy Toast
Fruit Juice,
Fruit, Milk 12

Chicken-N-
Biscuit OR
Breakfast Pizza
Fruit Juice,
Fruit, Milk 13

Oatmeal W/
Cinnamon Toast
OR Breakfast
Bread W/ Yogurt
Fruit Juice, Fruit,
Milk 14

Breakfast
Burrito W/ Hash
Browns
Fruit Juice,
Fruit, Milk 15

Sausage Kolache
W/ Yogurt OR
Breakfast Cookie
W/ Yogurt
Fruit Juice, Fruit
Milk 18

Cheese Omelet
W/ Toast OR
Breakfast Taquito
Fruit Juice, Fruit,
Milk 19

Waffles W/
Sausage
Fruit Juice,
Fruit, Milk 20

Breakfast Pizza
Fruit Juice,
Fruit, Milk 21

Donut W/
Sausage OR
French Toast W/
Sausage
Fruit Juice, Fruit,
Milk 22

HAPPY
25

THANKSGIVING
26

BREAK
27

NO
28

SCHOOL!!
29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

Cora Clementine was the littlest blossom. During her first winter as a tiny tanger, the frost hit early and ice crystals formed all around her. The sunlight beamed down on Cora and was magnified by the crystals. The magnified sunlight magnified the vitamin C crystal inside Cora to keep her from getting sick that cold, icy winter. Now Cora uses the magic crystal to pass power of immunity to the other young clementines so they can grow into powerful, flavorful, nutritious snacks to keep kids healthy!



CORA CLEMENTINE

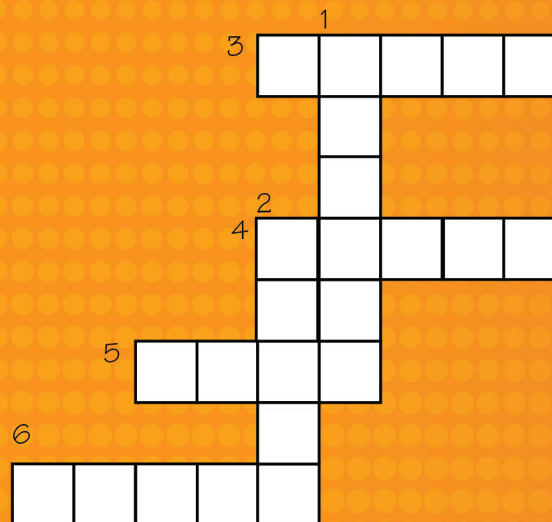
WHAT TO KNOW

Clementines are a cross between a Chinese mandarin and an orange. They are smaller than oranges and are easy to peel, making them a great snack! Clementines are low in calories and contain fiber, vitamin C, and other important vitamins, minerals, and antioxidants that help support a healthy immune system.

CORA CLEMENTINE'S FAVORITE ACTIVITY

Climbing Trees

CROSSWORD PUZZLE



DOWN

1. Color of a Clementine
2. How a Clementine Tastes

ACROSS

3. Clementine Shape
5. Clementines grow on a ____.
6. Type of Food
4. Clementines are a great ____.



Answers
1: orange
2: sweet
3: round
4: snack
5: tree
6: fruit



POWER
SUPER
Immunity

JOKE OF THE MONTH

Q: Why did the clementine go to the doctor?

A: It wasn't peeling well

FUN FACT

Clementines are often called "Christmas oranges" because their limited growing season falls during the winter.