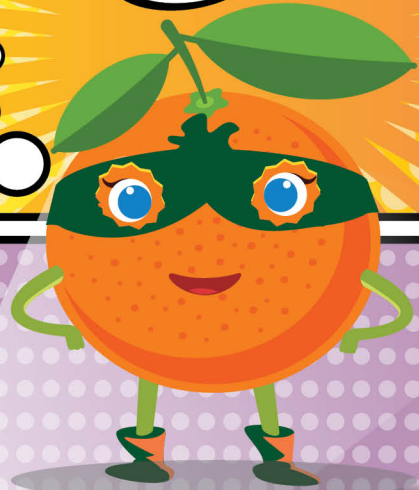


My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M

T

W

TH

F

GOOD EATS AT

Coahoma K-8th
Prices: \$3.00
Students \$3.60
Adults \$3.75
Visitors
Reduced \$0.40

SPECIAL ANNOUNCEMENTS

Offered Daily: Whole Fresh Fruit
Choice of Milk: 1% Plain, Fat Free Strawberry, Fat Free Chocolate
Students may purchase EXTRAS:
Milk \$0.50, 8oz.
Water \$0.25, Entrée \$1.50,
Fruit/Veggie \$0.50 Dessert \$0.75

Enchiladas OR
Taquito W/ Queso
OR Fajita Salad
Beans, Corn, Salsa,
Fresh Fruit,,
Cookie, Milk **4**

Meatball Subs OR
Chili Cheese
Combo
Tater Tots, Veggie
Cup, Strawberries,
Milk **5**

Chicken Nuggets W/
Mac N Cheese OR
Asian Bowl W/
Eggroll OR Asian
Salad
Garden Salad, Green
Beans, Grapes, Milk **6**

PIZZA or Ham Cheese
Melts OR Popcorn
Chicken Salad
Bell Pepper Strips,
Tomato Cups, Corn,
Fruity Gelatin, Milk **7**

Hamburger OR
Stuffed Baked
Potato
Cucumber Slices,
Carrots, Cinnamon
Applesauce,
Cookie, Milk **8**

Breaded Drumstick
W/ Biscuit OR Hot
Dog Or Tuna Salad
Sweet Potatoes,
Corn, Grapes, Milk **11**

Crispy Tacos OR
Frito Pie
Veggie Cups,
Beans, Salsa,
Orange Smiles,
Milk **12**

Stuffed Shells OR
Chicken Nuggets
Mash Potatoes,
Tuscan Veggies,
Broccoli, Roll,
Cookie, Fruit Cup,
Milk **13**

Hamburger OR
PIZZA or Popcorn
Chicken Salad
Fries, Carrots,
Snowball Salad,
Milk **14**

Pulled Pork Sliders
OR Chicken Parmesan
W/ Breadstick
Green Beans, Garden
Salad, Pineapple,
Cookie, Milk **15**

Mini Corn Dogs OR
Roasted Oven Chicken
OR Chef Salad
Tater tots, Roll, Green
Beans, baked Beans,
Apple Pineapple
Delight, Milk **18**

Nacho Grande OR
Taco Soup W/ Corn
Bread
Beans, Salsa, Tomato
up, Cucumber Slices,
Peaches, Ice Cream
Cup, Milk **19**

Chicken Sandwich
OR X-Treme Burrito
OR Crispy Chicken
Salad
Salsa, Corn, Fries,
Veggie Cup, Fruity
Gelatin, Milk **20**

Asian Bowl W/ Eggroll
OR Hamburger Steak W/
Gravy Biscuit
Roasted Potatoes,
Crunchy Broccoli Salad,
Mandarin Oranges, Milk **21**

THANKSGIVING!!!
Turkey, Stuffing,
Mash potatoes,
Gravy, Green Beans,
Rolls, Cranberry
Sauce, Pumpkin Pie,
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

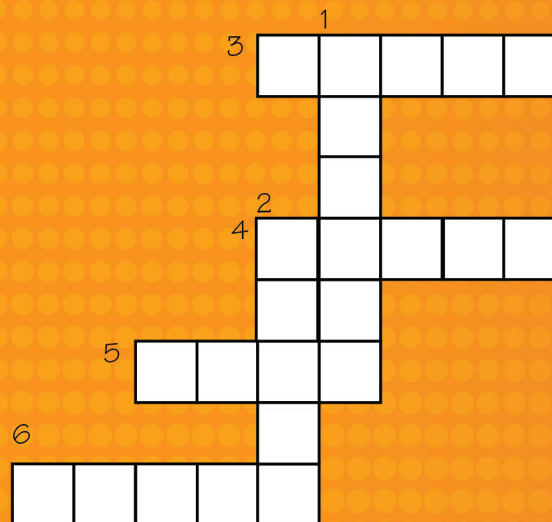
WHAT TO KNOW

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.