

My Name is
CORA CLEMENTINE

NOVEMBER

2019



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F

GOOD EATS AT

Secondary Lunch

SPECIAL ANNOUNCEMENTS

*A Salad Entree is available as a meal option each day.
*A salad bar is available to choose as a vegetable option.
*A choice of a variety of milk and a water is offered with each meal.
**Turkey and Dressing or Corndog, Sweet Potatoes, Mashed Potatoes, Green Bean Cassarole, Snowball Fruit salad and spiced Pumpkin Bread.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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No School For Students

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Chicken Tortilla Soup & Cornbread Totchos
Pizza Slice
Pinto Beans
Peaches, Ice Cream

5

Chicken Sandwich with Oven Fries
Asian Bowl with Egg Roll and Rice
Or Frito Pie
Mandarin oranges

6

Thanksgiving Meal

**See special announcements for menu

7

Popcorn Chicken
Sloppy Joe
Sandwich
Fish Burger
Baked Beans, Potatoes, Fresh Seasonal Fruit, & 1 Cookie

Fiesta Bowl
X-Treme Burrito
Fresh Salsa
Or Fish Burger
Seasoned Corn Salsa, Fresh Fruit

8

Texas Basket Hamburger/
Cheese Burger
Or Monte Cristo Sandwich
Oven Fires
Strawberries

11

Domino's Pizza
Tex-Mex Stack
Chicken Fajitas
Refried Beans and Salsa Hot
Cinnamon Apples
Sherbet Cup

12

Chicken Alfredo Or Cheesy Breadstick with Marinara Sauce
Or Nacho Grande
Tuscan Vegetable
Peaches & Cookie

13

Ranchero wrap.
Chicken spaghetti with Breadstick,
Cheese Burger, Corn,
Snowball Salad

14

Maverick Chicken Bowl
Or Tater Tot Casserole,
Fish Burger
Corn, Green Beans
Apple Slices

15

Enchilad, Crispitos With Queso
Cheese Burger
Pinto Beans
Corn, Salsa
Banana Sundaes
Hot Apple Crisp

18

Meatball Sub Sandwich with Tater Tots
Or Totchos
Pizza Slice
Strawberries

19

Chicken Nuggets with Mac N Cheese
Or Asian Bowl with Egg Roll and Rice, or Frito Pie
Fresh Grapes

20

Individual Pizza, Hot Ham and Cheese with Cup of Soup & Chips
Chicken Burger
Seasoned corn
Fruity Gelatin

21

Cheese Burger Stuffed Baked Potato with Roll
Fish Burger, Cinnamon Applesauce, Cookie

22

Fall Break

25

Fall Break

26

Fall Break

27

Fall Break Happy Thanksgiving !

28

Fall Break

29



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

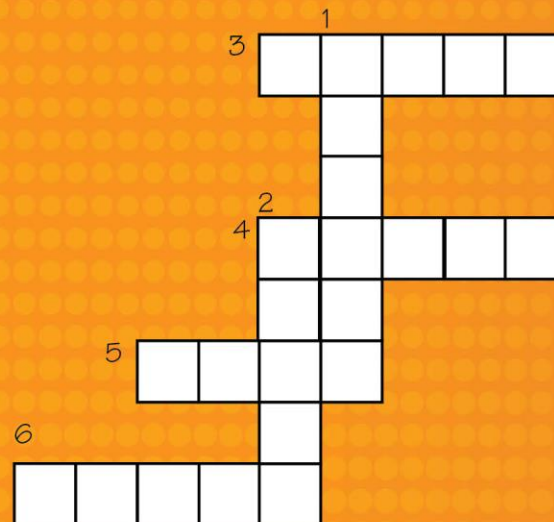
WHAT TO KNOW

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.