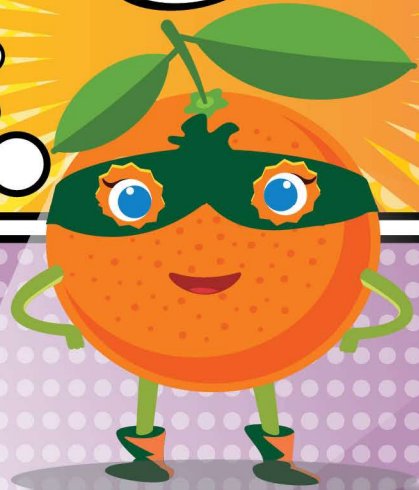


My Name is  
**CORA CLEMENTINE**

# NOVEMBER

**2019**

TDA's November 2019 Menu Calendar



**M**

**T**

**W**

**TH**

**F**

**GOOD EATS AT**

Coahoma 9-12TH

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  
CHIPS, 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

THANKSGIVING

BREAK

NO

SCHOOL!!!

**25**

**26**

**27**

**28**

**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

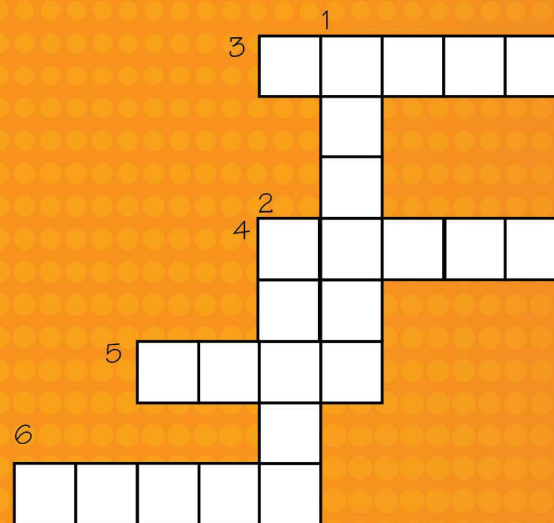
## WHAT TO KNOW

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.