

# NOVEMBER



## Special Announcements

**EVERYDAY AT BREAKFAST ASSORTED FRUITS & JUICES WILL BE OFFERED. ALSO AN OPTION OF CEREAL & TOAST**

**AT BREAKFAST & LUNCH A VARIETY OF MILK & FRUIT WILL BE OFFERED**

**EVERYDAY THERE WILL BE AN ALTERNATE MEAL OFFERED OF PB&J SANDWICH OR A LUNCHABLE**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER RIC MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

	1 <b>PB &amp; JELLY</b> CHICKEN STRIPS GREEN BEANS MASHED POTATOES & GRAVY ROLL	2 <b>SCRAMBLED EGGS &amp; TOAST</b> CHICKEN FAJITAS REFRIED BEANS SPANISH RICE	3 <b>CINNAMON ROLLS</b> SPAGHETTI WITH MEAT SAUCE BLACK-EYED PEAS CARROT STICKS CHEESE BREAD	4 <b>PANCAKE ON A STICK</b> CHICKEN SANDWICH SALAD CUP ONION RINGS
7 <b>BREAKFAST PIZZA</b> CHICKEN NUGGETS RANCHSTYLE BEANS MAC & CHEESE	8 <b>MINI PANCAKES</b> SALISBURY STEAK MASHED POTATOES & GRAVY TURNIP GREENS CORNBREAD	9 <b>KOLACHES</b> PB&JELLY CARROT STICKS RAISINS  <b>EARLY RELEASE</b>	10 <b>DONUTS</b> PIZZA WK CORN RAW BROCCOLI, CARROTS, OR CELERY	11 <b>SAUSAGE BISCUIT</b> BEEF VEG SOUP GRILLED CHEESE
14 <b>OATMEAL</b> HAMBURGER MAC RANCHSTYLE BEANS WK CORN RAW BROCCOLI, CARROTS, OR CELERY	15 <b>PB&amp;JELLY</b> CF PORKCHOP LOADED POTATOES GREEN BEANS ROLL	16 <b>SCRAMBLED EGGS &amp; TOAST</b> BEEF & CHEESE NACHOS PINTO BEANS	17 <b>MUFFINS</b> TURKEY GREEN BEANS CORNBREAD DRESSING YAMS ROLL <b>THANKSGIVING MEAL</b>	18 <b>PANCAKE ON A STICK</b> CF STEAK SANDWICH CURLY FRIES SALAD CUP
21	22	23	24	25

# HAPPY THANKSGIVING

THANKSGIVING DAY

28

**POPARTS**  
CORNDOG  
RANCHSTYLE BEANS  
COOKED CARROTS

29

**PB&JELLY**  
CF STEAK  
GREEN BEANS  
MASHED POTATOES & GRAVY  
ROLL

30

**KOLACHES**  
FRITO PIE  
PINTO BEANS  
RAW BROCCOLI,  
CARROTS, OR  
CELERY

### Good Eats At:

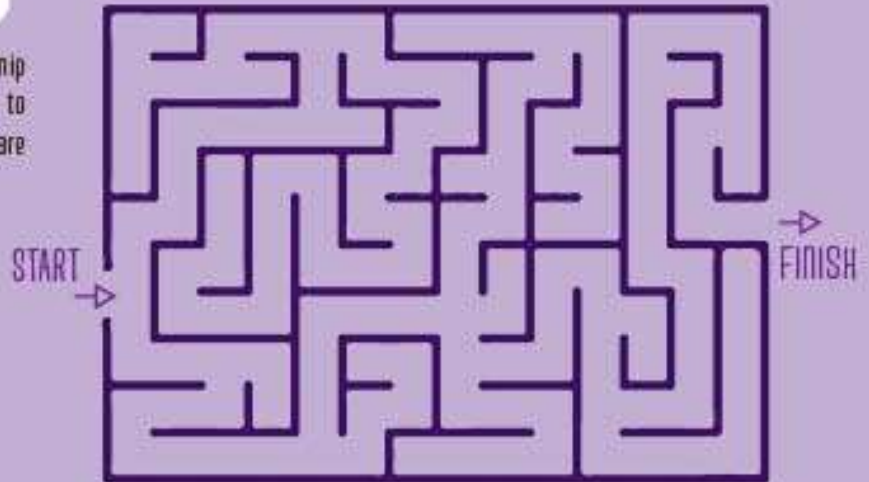
**DAILY SNACK BAR INCLUDES: PIZZA, CORNDOG, OR CHICKEN NUGGETS FOR \$3.50 OR A SALAD FOR \$4.00. THESE ITEMS MUST BE ORDERED & PAID FOR IN THE MORNING**

# Turnips

Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November



## Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below.



Growing Regions



**Calcium:** Turnips are also a good source of calcium. Calcium helps keep your bones strong.

# Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)