

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

**GOOD
EATS AT**

Tenaha ISD
Elementary
& Junior
High

**SPECIAL
ANNOUNCEMENTS**

Have A Happy
Thanksgiving!

Breakfast-Sausage,
Biscuit
Lunch- Taco Salad,
pinto beans,
pineapple, milk, 5

Breakfast- Scrambled
eggs, toast
Lunch-BBQ sandwich,
black eyed peas, sweet
potato tots, pears,
apple, milk, 6

Breakfast- French toast
stick
Lunch- Chicken Strips,
potatoes, gravy, bread,
corn, baby carrots, pears,
apples, milk 7

Breakfast- Sausage
Biscuit
Lunch-Stuffed crust
Pizza, salad, carrot
sticks, peaches, milk, 8

Breakfast-
Pancake on a stick
Lunch-
Thanksgiving Feast 9

Breakfast- Biscuit,
gravy
Lunch-Nachos, meat,
cheese, pinto beans,
mini carrots, pineapple,
orange, milk 12

Breakfast- Sausage, Biscuit
Lunch-Hot ham & cheese on
Ciabatta bun, pickle spears,
broccoli, applesauce,
orange, chips, milk, 13

Breakfast- Pancake on a
stick
Lunch-Baked Potato, ham,
cheese, bread sticks,
broccoli, baby carrots,
pears, orange milk 14

Breakfast- Omelet,
toast
Lunch-Stuffed crust
Pizza, salad, carrot
sticks, peaches, milk 15

Breakfast-
Kolache
Lunch- Bag Lunch
Early Release 16

NO SCHOOL
19

NO SCHOOL
20

NO SCHOOL
21

HAPPY
Thanksgiving
22

NO SCHOOL
23

Breakfast- Sausage
Biscuit
Lunch-Stuffed crust
Pizza, salad, carrot
sticks, peaches, milk, 26

Breakfast- French toast
stick
Lunch- Chicken Rings,
potatoes, gravy, bread,
corn, baby carrots,
pears, apples,milk 27

Breakfast- Cinnamon Roll
Lunch-
Tiger Burger, cheese,
fixins, Fries, peaches,
orange, baby
carrots, ,milk 28

Breakfast- Sausage,
biscuit
Lunch-Turkey Hoagie,
baked beans, baked
chips ,fixins, tropical fruit,
apple, milk, 29

Breakfast-Pizza
Lunch- Grilled
cheese, SOUP,
carrot stick, salad,
peaches, milk 30



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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One day farmer Jones was picking carrots when a storm rolled in. He left his basket of carrots in the field and ran to the house. Just as he was safely inside, lightning struck the basket. All the carrots were cooked to perfection, except one! The carrot jumped up, looked around with electric eyes and realized she could see for miles and her powerful eyes could even shoot beta carotene into the ground. She became Captain Carrotene! She began helping all the carrots in the Healthyville fields have plenty of beta-carotene that human bodies turn into vitamin A to help their vision.



CAPTAIN CARROTENE

Carrot

FUN FACTS

- Americans eat, on average, more than 10 pounds of fresh carrots per person per year. ★
- According to Guinness World Records, the record for the world's longest carrot was set in 2016 and measured 20 feet 5.9 inches long! Now that is a colossal carrot!

CAPTAIN CARROTENE'S FAVORITE ACTIVITIES

Playing Tennis and Golf

SESAME GLAZED CARROTS

Ingredients:

- 7-3/4 pounds Baby carrots, sliced to 1/2 inch rounds
- 1 ounce Olive oil
- 1 T. Garlic powder
- 3 ounces Low sodium soy sauce
- 2 T. Brown sugar, packed
- 1 tsp. Sesame oil
- 1/4 ounce Rice wine vinegar
- 1 T. Buffalo wing sauce
- 1 T. Sesame seeds

Directions:

- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20–25 minutes, or until tender.
- While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
- Sprinkle with sesame seeds.
- Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.

Sources: Texas A&M and Agrilife Extension



WORD SEARCH

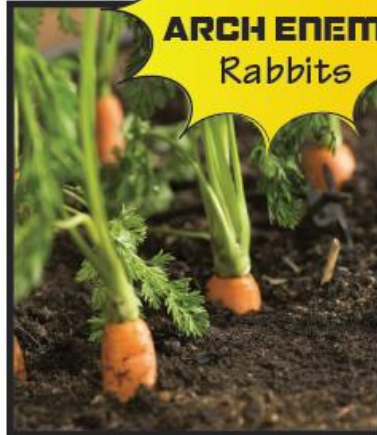
Find the following words: carrot, root, vegetable, soil, farm, cultivate, stem

F	C	E	C	A	C	R	V
M	U	U	A	O	T	S	E
D	L	G	R	J	K	V	G
S	T	O	R	S	N	A	E
H	I	R	O	O	T	C	T
S	V	T	T	I	D	W	A
T	A	G	D	L	S	W	B
E	T	Y	F	A	R	M	L
M	E	D	R	F	O	K	E

POW!

ARCH ENEMY

Rabbits



Answers

M	E	D	R	F	O	K	E
E	T	Y	F	A	R	M	L
T	A	G	D	L	S	W	B
S	V	T	T	I	D	W	A
H	I	R	O	O	T	C	T
S	T	O	R	S	N	A	E
D	L	G	R	J	K	V	G
M	U	U	A	O	T	S	E
F	C	E	C	A	C	R	V

JOKE OF THE MONTH

Q: What's a vegetables favorite martial art?
A: Carroted