

# NOVEMBER

2018



Call me  
**CAPTAIN CARROTENE!**

**GOOD  
EATS AT**

**JOAQUIN ISD RAM CAFE**  
Breakfast Menu  
Elementary \$1.75  
Junior High \$1.75  
High School \$1.75  
Adult \$2.25

**SPECIAL  
ANNOUNCEMENTS**

Choice of milk everyday:  
White 1% Low Fat or  
Flavored Fat Free.

Menus are subject to  
change without notice.

M

T

W

TH

F

Call me  
**CAPTAIN CARROTENE!**

*Bacon-n-Egg Biscuit*  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly

5

*Kolache*  
Assorted Cereals  
Cheese Toast  
*Mandarin Oranges*  
Assorted Juice

6

*Blueberry Pancakes*  
Syrup  
Assorted Cereals  
Yogurt  
Applesauce  
Assorted Juice

7

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice

1

Honey Bun  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice

2

*Chicken-n-Biscuit*  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly

12

*Scramble Egg*  
w/Ham  
Assorted Cereals  
Cheese Toast  
*Mandarin Oranges*  
Assorted Juice

13

*Pancake on Stick*  
Syrup  
Assorted Cereals  
Yogurt  
Applesauce  
Assorted Juice

14

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice

15

Honey Bun  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice

16

SCHOOL  
HOLIDAY

19

SCHOOL  
HOLIDAY

20

SCHOOL  
HOLIDAY

21

THANKSGIVING  
DAY

22

SCHOOL  
HOLIDAY

23

*Chicken-n-Biscuit*  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly

26

*Kolache*  
Assorted Cereals  
Cheese Toast  
*Mandarin Oranges*  
Assorted Juice

27

*Mini Maple Waffle*  
Syrup  
Assorted Cereals  
Yogurt  
Applesauce  
Assorted Juice

28

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice

29

Donut  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice

30



# NOVEMBER

2018

**GOOD  
EATS AT**

Call me  
**CAPTAIN CARROTENE!**

**JOAQUIN ISD RAM CAFE**  
Lunch Menu  
Elementary \$2.50  
Junior High \$2.50  
High School \$2.75  
Adult \$3.50

**SPECIAL  
ANNOUNCEMENTS**

**Snack Bar**  
Drinks \$1.00 Chips \$1.00  
Cookies \$.50 Ice Cream \$1.00  
Rice Krispies Treat \$1.00  
Dipping Dots \$2.50  
Entrée \$2.00 Side Dishes \$1.00  
**Must have cash for snack bar.**  
**No Charging Snacks.**  
Choice of milk everyday:  
White 1% Low Fat or Flavored  
Fat Free. Menus are subject  
to change without notice.

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SED MILLER

This program is funded by USDA.  
This institution is an equal opportunity provider.

M	T	W	Th	F
			<b>Chef Salad</b> BBQ Drumsticks Buttered Corn Pinto Beans Orange Wedges Mango Chunks 1	<b>Chicken or Hamburger on Bun</b> Sliced Cheese Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Fruit Slush 2
<b>Chef Salad</b> Chicken Ring Basket Stuffed Crust Pizza Green Beans Veggie Bar w/Ranch Dressing Strawberries Sliced Pears 5	<b>Chef Salad</b> BBQ Sandwich Macaroni & Cheese Baked Beans Sweet Potatoes Veggie Bar w/Ranch Grapes Mandarin Oranges 6	<b>Chef Salad</b> Salisbury Steak Mashed Potatoes w/Gravy Sweet Peas Whole Grain Roll Applesauce Diced Peaches 7	<b>Chef Salad</b> Breaded Chicken Legs Sweet Corn Beans Orange Smile Mixed Fruit 8	<b>Chicken or Hamburger on Bun</b> Sliced Cheese Criss Cut Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Sidekick Fruit Slush 9
<b>Chef Salad</b> Popcorn Chicken Basket Pepperoni Pizza Green Beans Veggie Bar w/Ranch Dressing Strawberries Pineapple Tidbits 12	<b>Chef Salad</b> Honey McRib Sandwich Tater Puffs Glazed Carrots Veggie Bar w/Ranch Dressing Grapes Mandarin Oranges 13	<b>Chef Salad</b> Chicken Wings Mashed Potatoes w/Gravy Mix Vegetables Whole Grain Roll Sliced Peach Cup Applesauce 14	<b>Thanksgiving Meal</b> Chicken & Dumplings Season Ham Green Peas Sweet Potatoes Hot Wheat Roll Orange Wedges Mango Chunks 15	<b>Chicken or Hamburger on Bun</b> Sliced Cheese Fries Cauliflower w/Sauce Burger Veggies Applesauce Cup Fruit Slush 16
SCHOOL HOLIDAY 19	SCHOOL HOLIDAY 20	SCHOOL HOLIDAY 21	THANKSGIVING DAY 22	SCHOOL HOLIDAY 23
<b>Chef Salad</b> Chicken Ring Basket Stuffed Crust Pizza Green Beans Veggie Bar w/Ranch Dressing Strawberries Sliced Pears 26	<b>Chef Salad</b> Chicken Spaghetti Baby Lima Beans Glazed Carrots Veggie Bar w/Ranch Bread Stick Grapes Mandarin Oranges	<b>Chef Salad</b> Chicken Chunk Mashed Potatoes w/Gravy Mix Vegetables Whole Grain Roll Sliced Peach Cup Applesauce 28	<b>Chef Salad</b> Breaded Chicken Legs Sweet Corn Beans Orange Smile Mixed Fruit 29	<b>Chicken or Hamburger on Bun</b> Sliced Cheese Criss Cut Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Fruit Slush 30



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 5.8 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 AgLife Extension



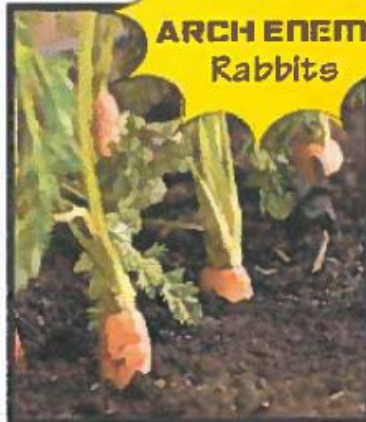
## WORD SEARCH

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

F	C	E	C	A	C	R	Y
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

## ARCH ENEMY

Rabbits



Answers

3	8	1	8	0	8	8	8
1	8	3	7	2	1	1	3
8	8	1	0	0	0	1	1
1	8	0	1	1	1	1	8
1	3	1	0	0	1	1	8
3	1	8	8	0	1	0	0
0	1	1	8	0	0	1	0
0	1	0	1	0	1	1	8
8	1	0	1	0	1	1	8
1	0	1	0	1	1	1	8

## JOKE OF THE MONTH

Q: What's a vegetable's favorite martial art?  
A: Carrot!