

NOVEMBER

Special Announcements

Happy Thanksgiving!
No school November 21-25.

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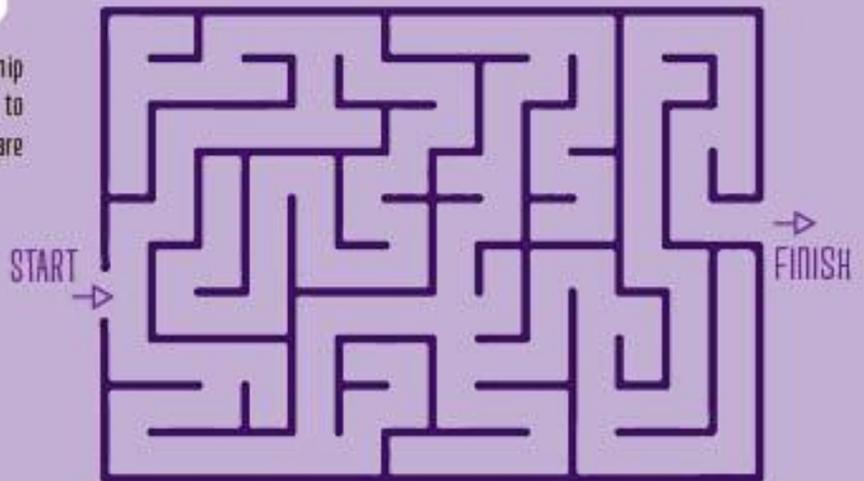
| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | Breakfast- Mini Pancakes Lunch- Pizza, corn, salad, oranges, milk, pudding Option-Nuggets | Breakfast- Omelet, toast Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, fruit, milk, jello Option- Pizza | Breakfast- French toast sticks Lunch-Grilled cheese, sweet potato tots, salad, peaches, milk, pudding Option-Burger | Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, fries, fruit, milk |
| Breakfast-Sausage, Biscuit Lunch- Chicken Taco, lettuce, cheese, pinto beans, pineapple, milk, rice Option- Burrito | Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, fruit, milk, jello Option-Burger | Breakfast- Pizza Lunch- Chicken fried steak, potatoes, gravy, bread, corn, pears, milk, jello Option-Nuggets | Breakfast- Sausage, toast Lunch-Hot ham & cheese, pickle spears, broccoli, chips, milk, pudding Option-Corndog | Breakfast-Waffles, fruit, juice, milk Lunch- Tiger Burger, cheese, fixins, fries, milk, applesauce |
| Breakfast- Biscuit, gravy Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, milk, rice Option- Burrito | Breakfast- Chicken Biscuit Lunch-Stuffed crust Pizza, salad, carrot sticks, peaches, milk, pudding Option- Burger | Breakfast- Biscuit, gravy Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk, jello Option- Pizza | Breakfast- Pizza Lunch- Hot Dog, chips, carrots, salad, pears, milk, chili, cheese Option-Corndog | Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, fries, fruit, milk |
| 21 | 22 | 23 | 24 | 25 |
| | Thanksgiving Break | | | |
| Breakfast- Pizza Lunch-Chicken nuggets, potatoes, green beans, fruit, milk, bread Option- Corndog | Breakfast- Mini Pancakes Lunch- Pizza, corn, salad, oranges, milk, pudding Option- Nuggets | Breakfast- French toast sticks Lunch-Grilled cheese, sweet potato tots, salad, peaches, milk, pudding Option- Burger | <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Good Eats At: Tenaha ISD High School </div> | |

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

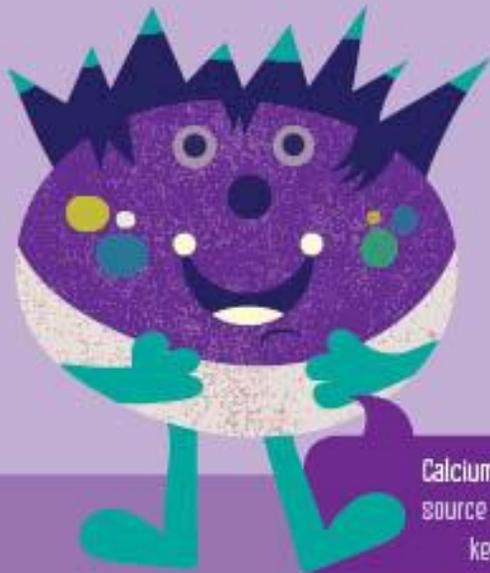
Growing Months: March through November



Joke of the Month

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

see answer below.



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



Growing Regions

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