

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

M	T	W	TH	F
Uncrustable - Hamburger Smiley Fries Burger Salad 5	Hawaiian Breakfast Roll - Steak Fingers Dinner Roll Brown Gravy Broccoli Garden Salad 6	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 7	Kolache - Salisbury Steak Brown Gravy Dinner Roll Cracker Garden Salad Mashed Potato 1	Breakfast Taco - The Pack Hoagie Baby Carrots Garden Salad 2
Uncrustable - Hamburger Smiley Fries Burger Salad 12	French Toast Sticks - Meatball Sub Garden Salad Baby Carrots 13	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 14	Tamales - Popcorn Chicken Cheese Sauce Dinner Roll Garden Salad Golden Corn 8	In-service Day No School 9
Thanksgiving Holiday TEP Day 19	Thanksgiving Holiday TEP Day 20	Thanksgiving Holiday 21	Breakfast Pizza - Holiday Turkey Dinner Roll Cracker Mashed Potato Stuffing Brown Gravy Corn 15	Kolache - The Pack Hoagie Baby Carrots Garden Salad 16
Thanksgiving Holiday TEP Day 19	Thanksgiving Holiday TEP Day 20	Thanksgiving Holiday 21	Thanksgiving Holiday 22	Thanksgiving Holiday 23
Uncrustable - Chicken Nuggets Cheese Sauce Cracker Baby Carrots Broccoli 26	Mini Pancakes - Hamburger Smiley Fries Burger Salad 27	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 28	Kolache - Salisbury Steak Brown Gravy Dinner Roll Cracker Garden Salad Golden Corn 29	Breakfast Taco - The Pack Hoagie Baby Carrots Garden Salad 30

GOOD EATS AT

La Joya ISD
Child Nutrition Services
ELEMENTARY Grade

K-5

Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

La Joya ISD Child Nutrition Services
*Breakfast is served daily with choices of:
Fruit juice, fresh fruit, fat free and low fat milk.
*Lunch is served daily with choices of:
Fresh fruit, canned fruit, fat free and low fat milk.
The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)
If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.
Menu is subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

CAPTAIN CARROTENE

Carrot

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.



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

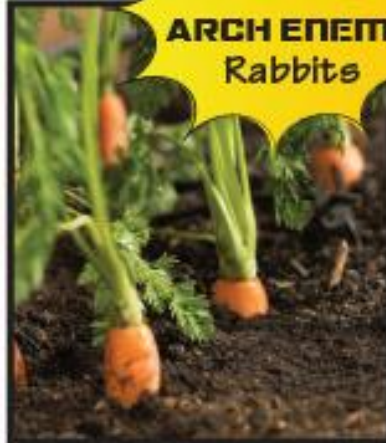
Directions:

- 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.



POW!

ARCH ENEMY
Rabbits



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

JOKE OF THE MONTH

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

Answers

D	R	O	J	K	O	D	N
R	H	K	V	A	V	L	S
M	B	T	O	S	V	L	E
V	M	O	I	L	L	A	R
T	C	T	O	R	I	H	
V	H	R	E	O	E		
A	X	F	R	O	L		
E	L	O	V	I	N		
L	C	R	V	O	E		

Sources: Texas A&M and AgLife Extension