

# NOVEMBER

2018



**M T W TH F**  
 Call me  
**CAPTAIN CARROTENE!**

Uncrustable  
 -  
 Cheeseburger  
 Waffle 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

Tamales  
 -  
 Chicken Basket  
 Queso Blanco  
 Dinner Roll  
 Garden Salad  
 Golden Corn  
 8

Breakfast Taco  
 -  
 The Pack Hoagie  
 Baby Carrots  
 Burger Salad  
 2

Uncrustable  
 -  
 Cheeseburger  
 Seasoned Wedges  
 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

Breakfast Pizza  
 -  
 Holiday Turkey  
 Dinner Roll  
 Mashed Potato  
 Brown Gravy  
 Corn  
 15

Kolache  
 -  
 The Pack Hoagie  
 Baby Carrots  
 Burger 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  
 -  
 Cheeseburger  
 Seasoned Wedges  
 Burger Salad  
 27

Assorted Cereal w/Cracker  
 -  
 Nacho Scoops  
 Queso Blanco  
 Spanish Rice  
 Charro Beans  
 Garden Salad  
 28

Kolache  
 -  
 Salisbury Steak  
 Brown Gravy  
 Dinner Roll  
 Cracker  
 Garden Salad  
 Mashed Potato  
 29

Breakfast Taco  
 -  
 The Pack Hoagie  
 Baby Carrots  
 Burger Salad  
 30

**GOOD EATS AT**

La Joya ISD  
 Child Nutrition Services  
 MIDDLE SCHOOL Grade  
**6-8**  
 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.  
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 fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).  
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TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**  
 f t g+ i  
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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

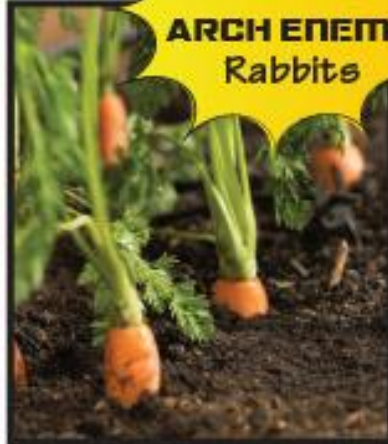
Directions:

- 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.



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 vegetables favorite martial art?  
A: Carroted

Answers

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

Sources: Texas A&M and AgLife Extension