

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

M	T	W	TH	F
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	Kolache - Salisbury Steak Brown Gravy Dinner Roll Cracker Garden Salad Mashed Potato 1	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	Tamales - Chicken Basket Queso Blanco 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	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	Breakfast Pizza - Holiday Turkey Dinner Roll Mashed Potato Brown Gravy Corn 15	Kolache - The Pack Hoagie Baby Carrots Burger Salad 16
			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
HIGH SCHOOL Grade
9-12
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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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t y 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:

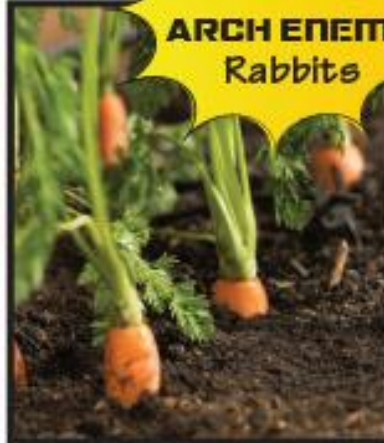
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20–25 minutes, or until tender.
- While the carrots 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

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	L	A	R
T	C	T	O	R	I	H	
V	H	R	O	O	T	C	T
D	A	T	I	M	O	O	
E	L	O	V	O	N		
L	R	C	V	O	E	R	

JOKE OF THE MONTH

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

Sources: Texas A&M and AgLife Extension