

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

GOOD EATS AT

**McAllen ISD
Child Nutrition
Services
K-5 Menu**

SPECIAL ANNOUNCEMENTS

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers. Ham & Cheese Sandwich offered as a third choice at lunch

* Flavored and unflavored skim milk offered at each meal service

Menus subject to change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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| M | T | W | TH | F |
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| <p>Concha Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Sticks w/ Ranch Assorted Fruit/ Juice ⁵</p> | <p>French Toast Bites Juice/Fruit Chicken Fajita Taco OR Burrito w/ Cheese Golden Corn Taco Salad Assorted Fruit/Juice ⁶</p> | <p>Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ⁷</p> | <p>Marranito Juice/Fruit Spaghetti w/ Meatballs OR Cheese Sticks Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice</p> | <p>Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ²</p> |
| <p>Pancake Stick Juice/Fruit Hot Ham & Cheese OR Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ¹²</p> | <p>Mini Pancakes Juice/Fruit Carne Guisada OR Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ¹³</p> | <p>Honey Bun Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/ Juice ¹⁴</p> | <p>Sausage Biscuit Juice/Fruit THANKSGIVING LUNCHEON Assorted Fruit/ Juice ¹⁵</p> | <p>Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ¹⁶</p> |
| <p>NO SCHOOL ¹⁹</p> | <p>NO SCHOOL ²⁰</p> | <p>NO SCHOOL ²¹</p> | <p>NO SCHOOL ²²</p> | <p>NO SCHOOL ²³</p> |
| <p>Pop Tart Juice/Fruit Chicken Nuggets OR Hot Dog Veggie Nibbles Carrot Sticks w/ Ranch Assorted Fruit/Juices ²⁵</p> | <p>Morning Sausage Roll Juice/Fruit Chalupas OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice ²⁷</p> | <p>Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Burrito w/ Cheese Curly Fries Burger Salad Assorted Fruit/Juice ²⁸</p> | <p>Marranito Juice/Fruit Spaghetti w/ Meatballs OR Cheese Sticks Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice ²⁹</p> | <p>Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ³⁰</p> |

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

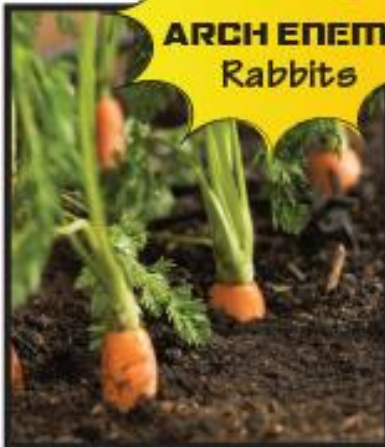
Directions:

- 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

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JOKE OF THE MONTH

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

Answers

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Sources: Texas A&M and AgLife Extension