

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

GOOD EATS AT

**Weslaco ISD
Supper
Program**

SPECIAL ANNOUNCEMENTS

Choices of Low Fat or Skim Milk (flavored and unflavored) Offered daily

This institution is an equal opportunity provider.

**Thanksgiving Break
November 19th - 23rd, 2018**

| M | T | W | TH | F |
|--|---|--|---|--|
| | | | <p>Cheese Pizza Carrot Coins Seasonal Fresh Fruit Assorted Milk</p> <p>1</p> | <p>Grilled Cheese Sandwich Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk</p> <p>2</p> |
| <p>Turkey Corn Dog California Blend Seasonal Fresh Fruit Assorted Milk</p> <p>5</p> | <p>Fish Burger Tater Tots Seasonal Fresh Fruit Assorted Milk</p> <p>6</p> | <p>Pepperoni Pizza Corn Kernels Seasonal Fresh Fruit Assorted Milk</p> <p>7</p> | <p>Cheeseburger On Kaiser Bun Baby Carrots Seasonal Fresh Fruit Assorted Milk</p> <p>8</p> | <p>Turkey & Cheese Hoagie Crinkle Cut Fries Assorted Milk</p> <p>9</p> |
| <p>Turkey Hot Dog Ranch Style Beans Seasonal Fresh Fruit Assorted Milk</p> <p>12</p> | <p>Country Steak On Bun Seasoned Curly Fries Seasonal Fresh Fruit Assorted Milk</p> <p>13</p> | <p>Bean/Cheese Burrito Peas & Carrots Seasonal Fresh Fruit Assorted Milk</p> <p>14</p> | <p>Cheese Pizza Carrot Coins Seasonal Fresh Fruit Assorted Milk</p> <p>15</p> | <p>Grilled Cheese Sandwich Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk</p> <p>16</p> |
| 19 | 20 | 21 | 22 | 23 |
| <p>Turkey Corn Dog California Blend Seasonal Fresh Fruit Assorted Milk</p> <p>26</p> | <p>Fish Burger Tater Tots Seasonal Fresh Fruit Assorted Milk</p> <p>27</p> | <p>Pepperoni Pizza Corn Kernels Seasonal Fresh Fruit Assorted Milk</p> <p>28</p> | <p>Cheeseburger On Kaiser Bun Baby Carrots Seasonal Fresh Fruit Assorted Milk</p> <p>29</p> | <p>Turkey & Cheese Hoagie Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk</p> <p>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:

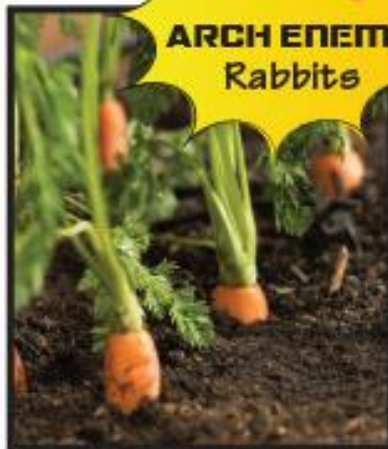
1. Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
2. Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
3. Roast carrots in oven for 20–25 minutes, or until tender.
4. While the 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.
5. Sprinkle with sesame seeds.
6. 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