

# NOVEMBER

## Special Announcements

Midland ISD

### Pk-6th Grade Menu

2016-2017

For Breakfast: Students must take a minimum of 3 of the 5 offered components; one component must be either ½ cup fruit or ½ cup vegetable. For Lunch: Students must take a minimum of 3 of the 5 offered components; one component must be either ½ cup fruit or ½ cup vegetable.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER ROY MILLER



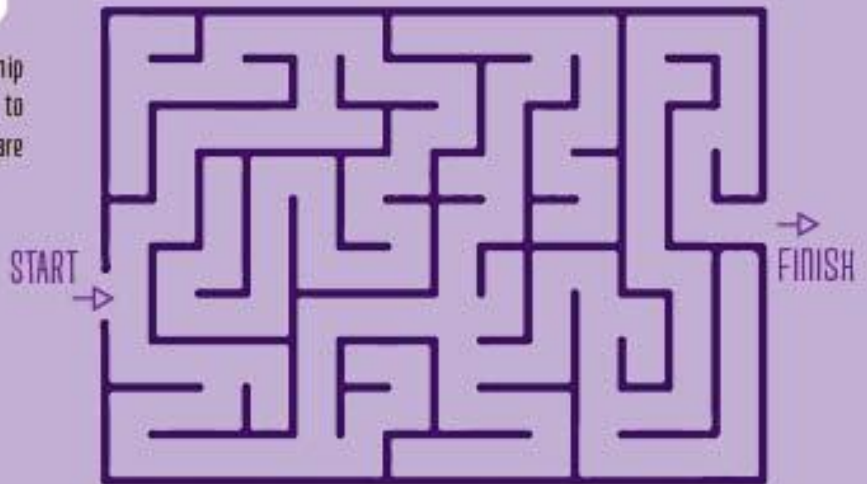
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal/Pop tart Country Steak Sandwich Pulled Pork Sandwich Baked Beans Potato Smiles California Veggies Mandarin Oranges	2 Cherry Frudel  Chicken Fajitas Taco Triangles Spanish Rice/Charro Beans Fiesta Salad/Salsa Salad Sliced Peaches	3 Blueberry Muffin  Spaghetti & Meat Sauce Pizza Go Garden Salad Tuscan Vegetables Chilled Pineapple	4 Pancake Stick  Chicken & Waffles Mac & Cheese Carrots/Green Beans Cucumber N Chile Fresh Fruit
7 Yogurt/Grahams  Hamburger/Cheeseburger Chicken Tenders/ Roll Baked Beans/Carrots Burger Salad Sweet Potato Fries Frozen Fruit Swirl	8 Breakfast Bagel <b>Candidate's Corndogs</b> <b>Presidential Pizza</b> <b>Bipartisan Potatoes</b> <b>Congressional Carrots</b> <b>Secret Service Broccoli</b> <b>Senate Strawberry Cup</b> <b>*National Election Day*</b>	9 Crumb Cake  Bean & Cheese Burrito Chicken Fajitas Corn/Fiesta Salad Salsa Salad Sliced Peaches	10 Choc Chip Muffin <b>Chicken Nuggets</b> <b>Oven Roasted Turkey</b> <b>Gravy/Dressing/ Roll</b> <b>Green Beans/Mash Potatoes</b> <b>Fruit Ambrosia</b> <b>Cranberry Holiday Salad</b> <b>Pumpkin Delight</b> <b>Thanksgiving Lunch</b>	11 Sausage Roll Chicken Sandwich Toasted Cheese Sandwich Potato Smiles Burger Salad Crisp Veggie Dippers Applesauce/ Raisins
14 French Toast Sticks Gingerbread People Hamburger/Cheeseburger Country Steak Sandwich Burger Salad Potato Smiles Sunshine Carrot Mix Frozen Strawberry Cup	15 Sausage Roll  Mango Mandarin Chicken Toasted Cheese Sandwich Rice/Baked Beans California Veggies Mandarin Oranges	16 Breakfast Bun  Crispy Beef Tacos Chicken Fajitas Baja Fish Tacos Spanish Rice/Corn Salsa Salad/ Fiesta Salad Peach Slices	17 Cinnamon Swirl Bread  Chicken Parmesan/ Toast Pizza Go Garden Salad Tuscan Vegetables Chilled Pineapple	18 Banana Bread Loaf  Mesquite Glazed Chicken Steak Fingers Roll/Mash Potatoes Gravy/ Green Beans Fruit Cocktail
21	22	23	24	25
<h1 style="display: inline;">OUT OF SCHOOL</h1>				
28 Breakfast Bun  Popcorn Chicken Steak Fingers Roll/Mash Potatoes/ Gravy Green Beans Applesauce	29 Mini Pancakes  Tangerine Chicken Toasted Cheese Sandwich Rice/Baked Beans Potato Smiles California Vegetables Mandarin Oranges	30 Apple Loaf/Cheese Stick  Chicken Fajitas Taco Triangles Spanish Rice/Charro Beans Fiesta Salad/ Salsa Salad Chilled Pears with Cherry	<p>THANKSGIVING DAY</p> <p><b>Good Eats At:</b></p> <p>For more information, please visit <a href="http://www.midlandisd.net">www.midlandisd.net</a> and look for Child Nutrition Services</p> <p>Dairy Day 11/1- Mozzarella Sticks Try it Fresh Friday 11/18- Purple "Love" Beets</p>	

# Turnips

Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November



## Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below.



Growing Regions



**Calcium:** Turnips are also a good source of calcium. Calcium helps keep your bones strong.

# Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)