

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

NEW HOME ISD.
LUNCH MENU

Texas Basket
(Steak fingers Fries, Toast)
Or
Hamburger /Cheeseburger
Hamburger Garnish
Oven Fries
Or
Chicken Salad
Fresh Veggie Cup
Mixed Fruit **5**

Tex- Mex Stack
Or
Chicken Fajitas
Or
Chicken Salad
Beans
Tiny Tomato Cup
Salsa
Lettuce/Tomato
Peaches **6**

Chicken Alfredo
Breadstick
Or
Pizza Pocket
Marinara Sauce
Or
Chicken Salad
Tuscan Vegetables
Garden Salad
Hot Cinnamon Apples
Cookie **7**

Ranchero Wrap
Or
Country Pot Pie
Or
Chicken Salad
Broccoli
Fresh Veggie Cup
Snowball Salad **8**

Fish Sticks
Mac & Cheese
Or
BBQ on a Bun
Or
Crispy Chicken Salad
Coleslaw
Savory Green Beans
Orange Smiles **2**

Enchiladas
Or
Taqitos
Queso
Or
Chef Salad
Fresh Seasonal Fruit
Fruit Crisp **12**

**EARLY
RELEASE** **13**

**EARLY
RELEASE** **14**

Pizza Choice
Corn
Or
Fiesta Bowl
or
Chef Salad
Tiny Tomato cup
Fruity Gelatin **15**

Hamburger/Cheeseburger
Hamburger Garnish
Or
Frito Pie
Lettuce/Tomato
Or
Chef Salad
Cucumber Slices
Carrots
Cinnamon Applesauce
Cookie **16**

Steak Fingers
Gravy, Roll
Mashed Potatoes
Carrot Coins
Strawberries &
Banana **19**

Spaghetti Bowl
Breadstick
Marinara Sauce
Garden Salad
California Blend Vegetables
Fruit cup
Chocolate/Vanilla Pudding **20**

NO
SCHOOL **21**

*There's
always
SOMETHING
TO BE
thankful
FOR*

NO
SCHOOL **23**

Breaded Drumstick
Or
Pizza Choice
Or
Caribbean Salad
Carrots
Seasoned Corn
Fresh Grapes
Cookie **26**

Crispy Tacos
Or
Frito Pie
Or
Caribbean Salad
Fresh Veggie Cup
Beans
Salsa
Lettuce/Tomato
Orange Smiles **27**

Ravioli
Tuscan Vegetables
Or
Chicken Nuggets
Mashed Potatoes
Or
Caribbean Salad
Garden Salad
Roll
Pears **28**

Hamburger/ Cheeseburger
Hamburger Garnish
Or
Hot Dog
Or
Caribbean Salad
Oven Fries
Carrots
Snowball Salad **29**

Pulled Pork Sliders
Coleslaw
Or
Chicken Parmesan
Garden Salad
Breadstick
Or
Caribbean Salad
Savory Green Beans
Chilled Pineapple **30**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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**GOOD
EATS AT**

NEW HOME ISD.
BREAKFAST MENU
(Free Breakfast)

**SPECIAL
ANNOUNCEMENTS**

Sausage Biscuit
Or
Muffin
Fruit
Fruit Juice
Milk 5

Breakfast Combo
Or
Breakfast Strudel
Cheese Stick
Fruit
Fruit Juice
Milk 6

Chicken-n-Waffles
Or
Breakfast Parfaits
Fruit
Fruit Juice
Milk 7

Stuffed Bagel
Or
Breakfast Crackers
Cheese Stick
Fruit
Fruit Juice
Milk 8

Dutch Waffle
Bacon
Or
Cereal Variety
Fruit
Fruit Juice
Milk 9

Breakfast Pizza
Or
Cereal Variety
Toast
Fruit
Fruit Juice
Milk 12

Chicken-n-Biscuit
Or
PBJ
Fruit
Fruit Juice
Milk Variety 13

Power Breakfast
(Biscuit, Gravy, Scrambled
Eggs, Bacon)
Or
Muffin/ Yogurt
Fruit
Fruit Juice
Milk Variety 14

Pancake Wrap
Yogurt
Or
Breakfast Crackers
Cheese Stick
Fruit
Fruit Juice
Milk 15

Cinnamon Roll
Or
Cereal Variety
Toast
Fruit
Fruit Juice
Milk 16

Pancakes
Bacon
Or
Breakfast Round
Fruit
Fruit Juice
Milk 19

Cheesy Toast
Or
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 20

NO
SCHOOL 21

HAPPY
THANKSGIVING
DAY 22

NO
SCHOOL 23

Sausage Kolache
Yogurt
Or
Cereal
Toast
Fruit
Fruit Juice
Milk 26

Breakfast Taquito
Of
PBJ
Fruit
Fruit Juice
Milk 27

Waffles /Sausage
Or
Breakfast Parfait
Fruit
Fruit Juice
Milk 28

Breakfast Pizza
Or
Breakfast Crackers
Cheese Sticks
Fruit
Fruit Juice
Milk 29

Donuts
Sausage
Or
Muffins/Yogurt
Fruit
Fruit Juice
Milk 30



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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:

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

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	B	N
T	H	K	V	A	L	S	
B	M	T	O	S	V	L	
V	M	O	I	L	A	R	
T	C	U	O	O	R	H	
E	V	H	R	R	O	O	
O	A	T	M	U	O	O	
E	O	L	O	V	U	N	
R	A	C	V	O	E	O	

Sources: Texas A&M and AgLife Extension