



# NOVEMBER 2017

MON

TUE

WED

THUR

FRI

Good Eats at:

COLMESNEIL ISD BREAKFAST MENU

HOPE EVERYONE HAS A WONDERFUL THANKSGIVING!

## Special Announcements

BREAKFAST CONDIMENTS

BLUEBERRY JELLY

STRAWBERRY JELLY

SYRUP



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

			POP TARTS CEREAL/TOAST FRUIT JUICE MILK	1	STRAWBERRY/ BANANA YOGURT TEDDY GRAHAMS CREAL/TOAST JUICE/MILK	2	HOMECOMING NO SCHOOL!!! GOOD LUCK BULLDOGS & LADY DOGS!!!!	3	
PANCAKE SAUSAGE CEREAL/TOAST FRUIT JUICE MILK	6	CINNAMON ROLLS CEREAL/TOAST FRUIT CUP JUICE MILK	7	BREAKFAST BURRITOS CEREAL/TOAST GRAPES MILK/JUICE	8	HONEY BUNS CEREAL/TOAST FRUIT JUICE MILK	9	DONUTS CEREAL/TOAST APPLE SLICES JUICE MILK	10
FRENCH TOAST CEREAL/TOAST FRUIT CUPS JUICE MILK	13	BLUE BERRY MUFFINS CEREAL/TOAST FRUIT JUICE/MILK	14	MINI PANCAKES CEREAL/TOAST APPLE SLICES JUICE/MILK	15	KOLACHE CEREAL/TOAST GRAPES JUICE MILK	16	BREAKFAST PIZZA CEREAL/TOAST FRUIT JUICE MILK	17
				20			23	SEE YOU MONDAY!!	24
POP TARTS CEREAL/TOAST APPLE SAUCE JUICE MILK	27	HONEY BUNS CEREAL/TOAST FRUIT JUICE MILK	28	BREAKFAST BURRITOS CEREAL/TOAST FRUIT CUP JUICE/MILK	29	CINNAMON ROLLS CEREAL/TOAST APPLE SLICES JUICE MILK	30		

11.23

Thanksgiving Day



Fun facts on back! ➔

# LAUNCH PAD

## CARROT GROWING REGIONS

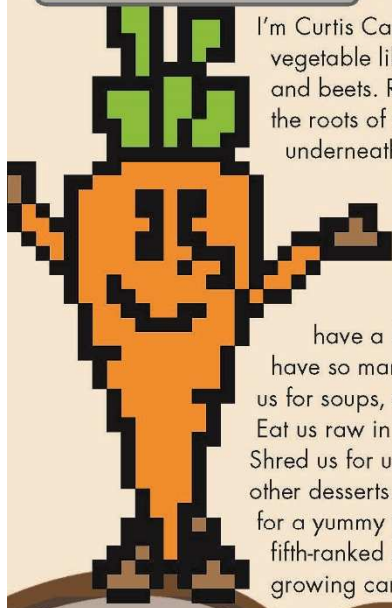
1. The High Plains
2. Winter Garden



## The Wise WIZARD

Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.

## CARROT



I'm Curtis Carrot. I am a root vegetable like potatoes, turnips and beets. Root vegetables are the roots of plants that grow underneath the ground. Above ground, I have a ferny, green head of hair. We are used a lot for cooking and we have a lot of vitamin A. We have so many uses. You can chop us for soups, casseroles and stews. Eat us raw in salads or with a dip. Shred us for use in carrot cake and other desserts. Or even blend us for a yummy juice. Texas is the fifth-ranked state in America for growing carrots.

## Fun FACT

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of their royal family.

## Find the 12 DIFFERENCES



+200



+100



+50

### INGREDIENTS

- 1 lb Fresh carrots, peeled
- 1/2 tsp Honey
- 1 Tbsp Lemon juice
- 2 tsp Dried parsley
- 2 Tbsp Margarine
- 1/8 tsp Ground ginger

### PREPARATION

1. Cut carrots diagonally into thin slices.
2. Steam until tender.\*
3. In a small mixing bowl, combine remaining ingredients; pour over carrots.
4. Serve immediately.
5. Portion with a No. 16 scoop or 1/4 cup.

\* Various methods of steaming include using a double boiler, microwave or steamer. Time will vary according to the method used.

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

## Gingered CARROTS



## Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

