

# NOVEMBER 2017

MON TUE WED THUR FRI

**Good Eats at:**

COLMESNEIL ISD LUNCH MENU

HOPE EVERYONE HAS A WONDERFUL THANKSGIVING!!

**Special Announcements**

CONDIMENTS DAILY

- MAYO
- MUSTARD
- KETCHUP
- SALSA
- HOT SAUCE
- RANCH DIPS
- SOUR CREAM

IT'S A GREAT DAY TO BE A BULLDOG!



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

		MINI CORNODOGS MAC & CHEESE TURNIP GREENS FRUIT MILK	PIZZA SALAD CORN FRUIT MILK	<b>HOMECOMING NO SCHOOL!! GOOD LUCK BULLDOGS &amp; LADY DOGS!!!</b>
CORN DOGS MAC & CHEESE GREEN BEANS BABY CARROTS W/RANCH MILK/FRUIT	TACO SOUP SALAD CRACKERS APPLE SLICES MILK	CHICKEN FRIED STEAK POTATO/GRAVY ROLLS NAVY BEANS GRAPES/MILK	PIZZA SALAD CARROTS FRUIT MILK	HAMBURGERS LETTUCE/PICKLES FRENCH FRIES COOKIE/FRUIT MILK
CHICKEN RINGS POTATO/GRAVY ROLLS CARROTS APPLESAUCE MILK	MEAT & CHEESE NACHOS REFRIED BEAN SALAD GRAPES MILK	PULLED PORK SANDWICH SWEET POTATO FRIES BAKED BEANS FRUIT/MILK	TURKEY/GRAVY DRESSING YAMS ROLLS COBBLER MILK	FRITO PIE W/CHEESE PINTO BEANS CORN FRUIT/MILK
<b>No School!</b> Happy Thanksgiving!				<b>SEE YOU ON MONDAY!!!!</b>
STEAK FINGERS POTATO/GRAVY GREEN BEANS SALAD ROLL FRUIT/MILK	CHICKEN FAJITAS W/W TORTILLAS SPANISH RICE REFRIED BEANS APPLE SLICES MILK	BEEF TIPS/RICE STEAMED BROCCOLI CARROTS ROLL FRUIT/MILK	CORN DOGS FRENCH FRIES CARROTS BANANA MILK	

11.23

Thanksgiving Day



Fun facts on back! ➔

# LAUNCH PAD

## CARROT GROWING REGIONS

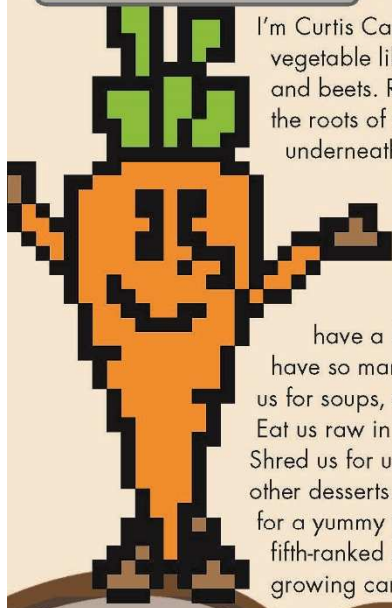
1. The High Plains
2. Winter Garden



## 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.

