

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

GOOD EATS AT

Gordon ISD

SPECIAL ANNOUNCEMENTS

Choice of Milk is available with every meal.
Water available with every meal

Cereal w / Toast available as a choice
With every breakfast
Yogurt w/ Toast and Granola available as a choice
with every breakfast

Lunch:
Chef Salad or Baked Potato w/small salad offered
as a Choice on Monday's, Wednesdays and Friday's.

Choice of Turkey & Ham Sandwich or PB&J
sandwich. On Tuesday's and Thursday

Best time to pay on Lunch Account is 9-10 AM 1:00-
2 PM
Menu subject to change

Breakfast: Breakfast Bar, Fresh Fruit, Juice, Jelly

Lunch: Chicken Nuggets, Loaded Mashed Potato, Black-Eyed peas, Roll, Peaches **5**

Breakfast: Breakfast on a stick, fresh fruit, juice, Jelly

Lunch: Chicken Spaghetti, Broccoli, Carrot Sticks, Garlic Sticks, Mandarin orange **6**

Breakfast: Biscuit, sausage gravy, fresh fruit, juice, Jelly

Lunch: Nachos, Charo beans, cornbread, salad, Apple slices **7**

Breakfast: Cinnamon Rolls Fresh fruit, Juice, jelly, Syrup

Lunch: Corndog, Fries, Salad, Mac & Cheese, Mixed fruit **8**

Breakfast: Pancakes, Sausage, Jelly, Juice, Fresh fruit, Syrup

Lunch: Grilled Chicken or Hot & Spicy Chicken Sandwich, HB salad, Sweet fries, apple **2**

Breakfast: Chicken N Biscuit, Jelly, Juice, Fresh fruit, Honey

Lunch: Hamburger, or cheeseburger, HB salad, Chips, Cherry Sidekick, oranges **9**

Breakfast: Breakfast Burrito, juice, fresh Fruit, Jelly, Syrup

Lunch: Chicken Parmesan Romaine salad, peas, Garlic Sticks, Pineapple **12**

Breakfast: Powder Donuts, Juice, Fresh Fruit, jelly

Lunch: Chicken Strips, Mashed potato, gravy, Green beans, roll, Peaches **13**

Breakfast: Biscuit, sausage gravy, fresh fruit, juice, jelly

Lunch: Chicken Enchilada, Refried beans, Salad, Grapes **14**

Breakfast: French Toast, juice, fresh Fruit, Jelly, Syrup

Lunch: Turkey, gravy, Dressing, Rolls, Green Beans, Sweet Potato, Pumpkin Pie **15**

Breakfast: Pancakes, Sausage, Jelly, Juice, Fresh fruit, Syrup

Lunch: Grilled Ham & cheese, Tomato soup, Sweet Fries, pickle Spears, oranges **16**



Breakfast: Omelet, Toast, fresh fruit, Juice, Jelly, Salsa

Lunch: Popcorn Chicken, Corn, Fries, roll, peaches, Ketchup **26**

Breakfast: Sausage roll Fresh fruit, Juice, jelly

Lunch: Sweet Asian Chicken, Broccoli, Carrot Sticks, Brown Rice, Egg roll, mandarin oranges, Ranch **27**

Breakfast: Biscuit, Sausage gravy, fresh Fruit, juice, Jelly

Lunch: Taco's, Cornbread, salad, Charo beans, grapes, salsa, ranch **28**

Breakfast: Breakfast On a Stick, syrup, Fresh fruit, Juice, jelly

Lunch: Salisbury Steak Mashed Potato, roll, mix. Veggies, Brown Gravy, Pear **29**

Breakfast: Chicken N Biscuit, Jelly, Juice, Fresh fruit, Honey

Lunch: BBQ Sandwich, Baked Beans, Cherry Sidekicks, Chips, Oranges, Pickle, onion **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

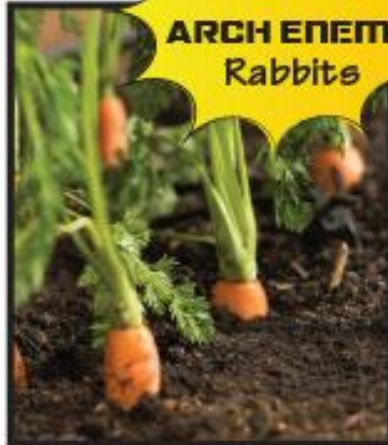
Directions:

- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- 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.
- Sprinkle with sesame seeds.
- 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	R	N
L	H	K	V	A	L	S	E
R	M	T	O	O	V	L	E
V	M	O	I	L	A	R	E
C	T	O	O	R	H	E	
T	V	H	R	O	O	E	
D	A	T	J	M	N	O	
O	L	I	O	V	M	N	
E	M	U	V	O	T	E	
L	C	R	E	O	V	E	

Sources: Texas A&M and AgLife Extension