



# NOVEMBER

2020



**m**

Chicken Sandwich  
Assorted Chips  
Baked Beans  
Cucumber Slice  
Sliced Pineapple

2.

**t**

Hotdog  
French Fries  
Mac and Cheese  
Corn on the Cob  
Strawberry Cups

3.

**w**

Steakfingers w/gravy  
Dinner Roll  
Mashed Potato  
Green Beans  
Grapes

4.

**th**

Spaghetti/ w meat sauce  
Garlic Breadstick  
Green Beans  
Green Grapes

5.

**f**

Corndogs  
Tator Tots  
Mixed Fresh Veggies  
Sliced Pears

6.

French Toast Sticks  
Hash brown  
Bacon  
Strawberry Cups  
Yogurt

9.

Chicken and Cheese Taquitos  
Mexican Rice  
Cucumber Slices  
Applesauce  
Churros

10.

Cheeseburger  
Let/tom/pickle  
Seasoned Corn  
French Fries  
Sliced Pineapple

11.

Sloppy Joes  
Tator Tots  
Baked Beans  
Corn on the Cob  
Pineapple Slices

12.

Salisbury Steak/  
Dinner Roll  
Mashed Potatoes  
Spinach Salad  
Celery Sticks  
Applesauce

13.

Frito Pie  
Garden salad  
Mixed Veggies  
Peaches  
Grapes

16.

Soft Tacos  
Mexican Rice  
Tossed Salad  
Fresh Veggies  
Applesauce

17.

Grilled Chicken, bacon, and  
ranch wraps  
Cheetos  
Baby Carrots and Celery  
Strawberries

18.

Chicken Nuggets  
Seasoned Fries  
Seasoned Corn  
Sliced Pineapple

19.

Thanksgiving lunch.  
Just playing by ear right now.  
Thanks for all your patience.

20.

THANKSGIVING BREAK

23.

THANKSGIVING BREAK

24.

THANKSGIVING BREAK

25.

THANKSGIVING BREAK

26.

THANKSGIVING BREAK

27.

Cheese Pizza  
Garden Salad  
Red and Green Grapes  
Oatmeal Cookies

30.

Special Announcements:

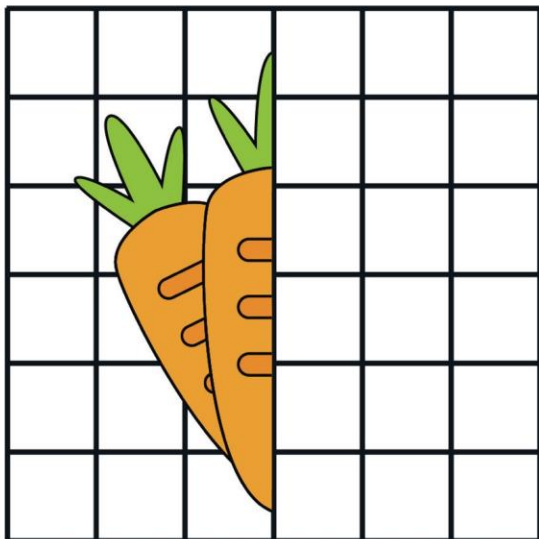




# COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

## COMPLETE THE DRAWING



## DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)