



# NOVEMBER 2017

MON

TUE

WED

THUR

FRI

Good Eats at:

**Neches ISD**

### Special Announcements

- 10<sup>th</sup> Veteran's Day Program
  - 15<sup>th</sup> Thanksgiving Luncheon
  - 20<sup>th</sup> – 24<sup>th</sup> **Thanksgiving Break**
- Neches ISD Offers Daily 1% White Milk, Fat Free Chocolate or Fat Free Strawberry Milk  
 Baked Potato Meals are served Tuesdays & Thursdays to grades 6 - 12 as a second option.  
 Peanut Butter and Jelly is served daily as a second option.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

			Oatmeal & Toast OR Cereal & Toast Fruit Juice Mandarin Oranges Milk <b>1</b>	Yogurt Parfait OR Cereal & Toast Fruit Juice Banana Milk <b>2</b>	Biscuit, Sausage, Scrambled Eggs Gravy OR Cereal & Toast Fruit Juice Peaches Milk <b>3</b>
Mini Pancakes OR Cereal & Toast Fruit Juice Strawberry Cups Milk <b>6</b>	Breakfast Taco Taco Sauce OR Cereal & Toast Fruit Juice Autumn Apples Milk <b>7</b>	Pig in a Blanket String Cheese OR Cereal & Toast Fruit Juice Pineapple Milk <b>8</b>	Yogurt Parfait OR Cereal & Toast Fruit Juice Banana Milk <b>9</b>	Biscuit, Sausage, Scrambled Eggs Gravy OR Cereal & Toast Fruit Juice Pineapple Milk <b>10</b>	
Muffin/Gogurt OR Cereal & Toast Fruit Juice Applesauce Milk <b>13</b>	French Toast/Syrup OR Cereal & Toast Fruit Juice Peaches Milk <b>14</b>	Oatmeal & Toast OR Cereal & Toast Fruit Juice Fruit Juice Autumn Apples Milk <b>15</b>	Yogurt Parfait OR Cereal & Toast Fruit Juice Banana Milk <b>16</b>	Biscuit, Sausage, Scrambled Eggs Gravy OR Cereal & Toast Fruit Juice Pears Milk <b>17</b>	
Thanksgiving  Holiday <b>20</b>	Thanksgiving  Holiday <b>21</b>	Thanksgiving  Holiday <b>22</b>	Thanksgiving  Holiday <b>23</b>	Thanksgiving  Holiday <b>24</b>	
Muffin/Gogurt OR Cereal & Toast Fruit Juice Applesauce Milk <b>27</b>	Pig in a Blanket String Cheese OR Cereal & Toast Fruit Juice Oranges Milk <b>28</b>	Oatmeal & Toast OR Cereal & Toast Fruit Juice Mandarin Oranges Milk <b>29</b>	Yogurt Parfait OR Cereal & Toast Fruit Juice Banana Milk <b>30</b>		

11.23

Thanksgiving Day



Fun facts on back! ➔

# LAUNCH PAD

## CARROT GROWING REGIONS

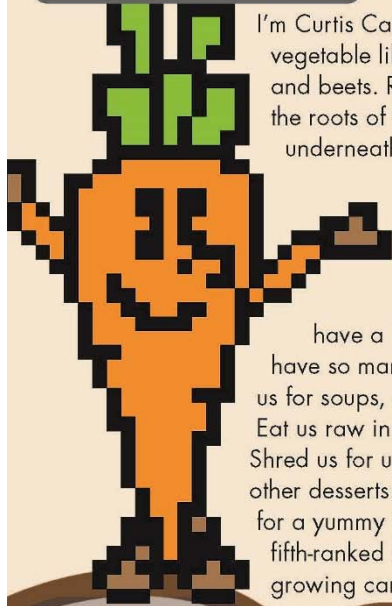
1. The High Plains
2. Winter Garden



## 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



## Gingered CARROTS



### 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)

## Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

