



NOVEMBER 2017

MON

TUE

WED

THUR

FRI

Good Eats at:

Neches ISD

Special Announcements

10th Veteran's Day Program

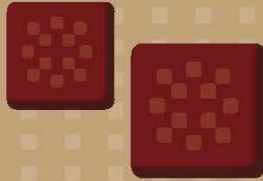
15th Thanksgiving Luncheon

20th – 24th
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



Popcorn Chicken
Mashed Potatoes
Green Beans
Bread Stick
Gravy or Ketchup
Peaches **6**

Texas BBQ on a Bun
Pinto Beans
Carrot Sticks
Onions, Jalapeños
Baked Chips
Oranges **7**

Spaghetti w/
Meat Sauce
Garlic Bread Stick
Steamed Carrots
Garden Salad/Ranch
Peaches **13**

Hamburger/Cheese
French Fries
Ranch Beans
Ketchup, Mayo,
Mustard, Pickles
Onions, Tomatoes
Oranges **14**

Thanksgiving
Holiday **20**

Thanksgiving
Holiday **21**

Salisbury Steak
Rice
Brown Gravy
Broccoli & Cheese
Mixed Greens
Pears w/Whip Cream **27**

Meatball Sub
Marinara Sauce
Asparagus
Garden Salad
Mozzarella Cheese
Apples **28**

Orange Chicken
Rice
Asian Veggies
Sliced Cucumbers
Pears
Fortune Cookie
Egg Roll – JH & HS **1**

Pork Chops
Cornbread Muffins
Roasted Baby
Potatoes
Garden Salad
Blushing Apples **8**

Thanksgiving
Luncheon **15**

Thanksgiving
Holiday **22**

Chicken Spaghetti
Garlic Bread Stick
Garden Salad
Carrot Sticks/Ranch
Steamed Broccoli
Pineapple Bits **29**

Crunchy Taco
Refried Beans
Lettuce Cup
Cheese Cup
Salsa
Banana **2**

Beef & Cheese
Nachos
Refried Beans
Corn
Garden Salad
Carrot Sticks
Banana **9**

Chicken & Cheese
Crispito
Chili Sauce
Corn on the Cob
Garden Salad/Ranch
Carrot Sticks
Banana **16**

Thanksgiving
Holiday **23**

Beef & Cheese
Nachos
Refried Beans
Corn
Garden Salad
Carrot Sticks
Banana **30**

Pizza
Strawberry/
Spinach Salad
Carrot Sticks
Fruit Juice Sorbet **3**

Beef Tostadas
Refried Beans
Lettuce Cup
Cheese Cup
Salsa Cup
Poblano Cream Sauce
Pears **10**

Mini Corn Dogs
Mac-N-Cheese
Garden Salad/Ranch
Carrots Sticks
Ketchup, Mayo,
Mustard
Fruit Juice Sorbet **17**

Thanksgiving
Holiday **24**

11.23

Thanksgiving Day



Fun facts on back!

LAUNCH PAD

CARROT GROWING REGIONS

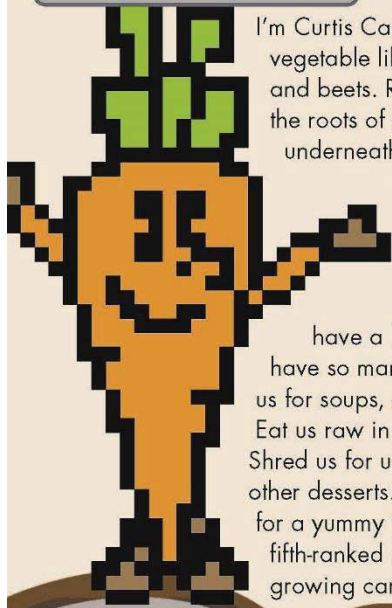
1. The High Plains
2. Winter Garden



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



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

Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

