

# NOVEMBER

2018



M

T

W

TH

F

Call me  
**CAPTAIN CARROTENE!**

STAFF DAY  
NO STUDENTS  
5

WAFFLES/ SYRUP  
OR  
TOAST AND CEREAL  
6

CHEESE OMELET  
TOAST  
CEREAL  
7

ASSORTED MUFFINS  
OR  
TOAST AND CEREAL  
8

PANCAKE SAUSAGE  
ON STICK/ SYRUP  
OR  
TOAST AND CEREAL  
9

HONEY BUN/YOGURT  
OR  
TOAST AND CEREAL  
12

PIG N BLANKET  
W/ MUSTARD  
OR  
TOAST AND CEREAL  
13

EGGSTRAVAGANZA  
OR  
TOAST AND CEREAL  
14

BREAKFAST PIZZA  
OR  
TOAST AND CEREAL  
15

CHICKEN/BISCUIT  
W/ HONEY  
OR  
TOAST AND CEREAL  
16

THANKSGIVING  
HOLIDAY  
19

THANKSGIVING  
HOLIDAY  
20

THANKSGIVING  
HOLIDAY  
21

THANKSGIVING  
HOLIDAY  
22

THANKSGIVING  
HOLIDAY  
23

CEREAL BARS  
YOGURT  
OR  
TOAST AND CEREAL  
26

PANCAKE SAUSAGE  
ON STICK  
OR  
TOAST AND CEREAL  
27

BREAKFAST PIZZA  
OR  
TOAST AND CEREAL  
28

FRENCH TOAST  
W/SYRUP  
OR  
TOAST AND CEREAL  
29

SAUSAGE/BISCUIT  
OR  
TOAST AND CEREAL  
30

## GOOD EATS AT

YANTIS ISD  
BREAKFAST MENU

MENU SUBJECT TO  
CHANGE WITHOUT  
NOTICE.

## SPECIAL ANNOUNCEMENTS

VARIETY OF MILK, FAT  
FREE AND 1%. 100%  
FRUIT JUICE AND FRESH  
FRUIT, TOAST AND  
CEREAL OFFERED DAILY.

MUST TAKE THREE  
COMPONENTS FOR A  
COMPLETE MEAL.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

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:

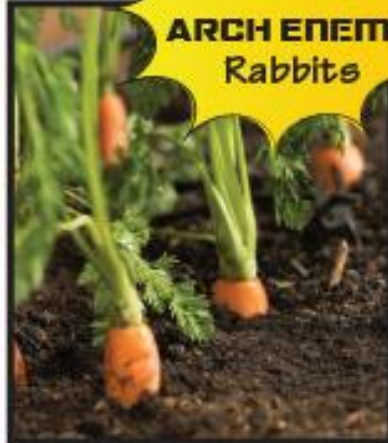
- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- While the carrots 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

Answers

D	X	O	J	K	O	D	N
L	H	K	V	A	A	T	S
R	M	T	O	O	V	L	
V	M	O	I	L	A	R	
T	C	T	O	R	I	H	
V	H	R	O	T	R		
D	A	T	M	R	O		
E	L	O	V	U	N		
R	C	V	O	R	E		

## JOKE OF THE MONTH

Q: What's a vegetable's favorite martial art?  
A: Carroted

Sources: Texas A&M and AgLife Extension