

NOVEMBER

Special Announcements

Students MUST select a fruit or juice so the meal counts as a complete breakfast

Menu subject to change without notice based on food availability



TURN UP THE VOLUME FOR HEALTHY FOODS!



Monday

Tuesday

Wednesday

Thursday

Friday

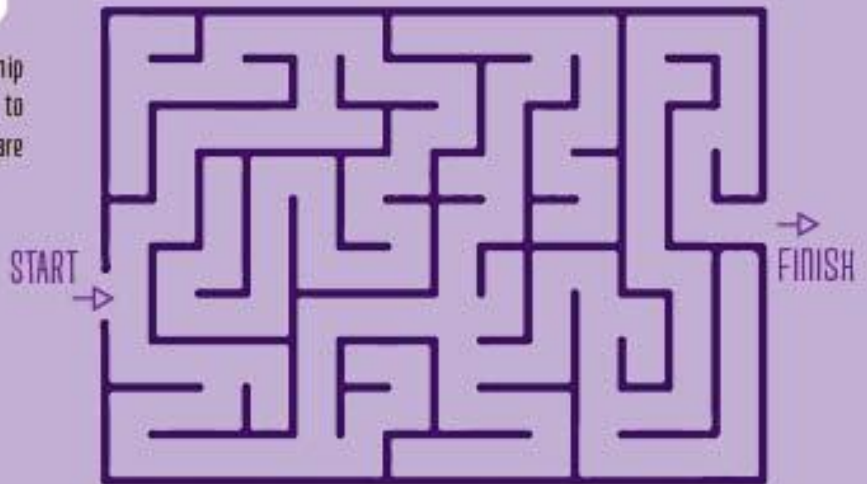
	1 BREAKFAST BAR FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	2 BREAKFAST PIZZA FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	3 ASSORTED MUFFIN FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	4 P/B JAM SANDWICH FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK
7 CEREAL BAR FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	8 PILLSBURY PASTIES FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	9 MORNING SAUSAGE ROLL FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	10 BANANA LOAF FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	11 CHOCOLATE CHIP WAFFLES FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK
14 ASSORTED CEREALS GRAHAM CRACKERS FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	15 BREAKFAST BAR FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	16 FRENCH TOAST STICKS/SYRUP FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	17 PILLSBURY PASTIES FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	18 SAUSAGE/BISCUIT JELLY FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK
21 	25 	27 	24  THANKSGIVING DAY	25  Give Thanks!
28 CEREAL BAR FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	29 MORNING SAUSAGE ROLL FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	30 BREAKFAST BAR FRESH FRUIT 100% ORANGE JUICE ASSORTED MILK	<p>Good Eats At:</p> <p>SANTA MARIA I.S.D.</p> <p>BREAKFAST MENU</p>	

Turnips

Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November



Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below.



Growing Regions



Calcium: Turnips are also a good source of calcium. Calcium helps keep your bones strong.

Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April



Visit: SquareMeals.org/SeasonalityWheel