

NOVEMBER



Special Announcements

- MONDAY: HAM/CHEESE SALAD
- TUESDAY: GRILLED CHICKEN SALAD
- WEDNESDAY: TUNA SALAD
- THURSDAY: CHICKEN NUGGET SALAD
- MENU SUBJECT TO CHANGE WITHOUT NOTICE!
- STUDENTS MUST SELECT ½ CUP OF FRUIT OR VEG. TO RECEIVE A FREE LUNCH!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BOB MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

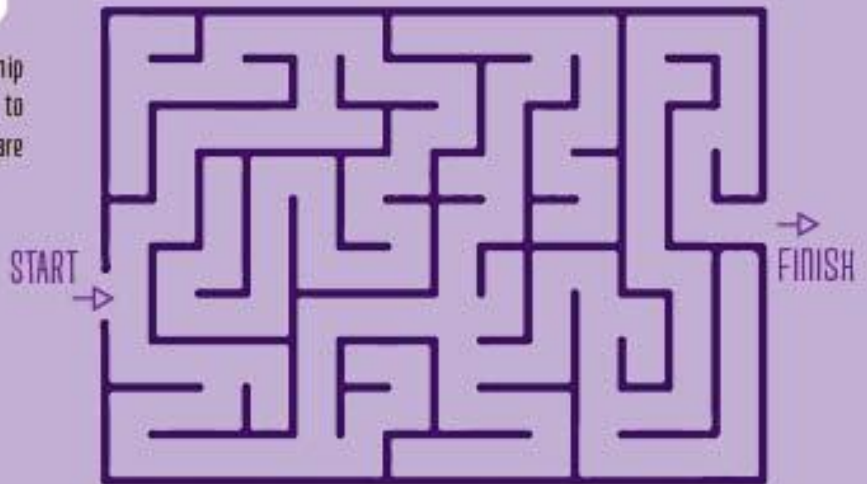
	1 SPAGHETTI/MEAT SAUCE BREAD STICKS GARDEN SALAD SWEET CORN BABY CARROTS ASSORTED FRUIT FRUIT CUP ASSORTED MILK	2 SALISBURY STEAK BROWN GRAVY MASHED POTATO GREEN BEANS WW BREAD ASSORTED FRUIT FRUIT CUP ASSORTED MILK	3 CHICKEN QUSADILLAS SPANISH RICE PINTO BEANS LETTUCE/TOMATO FRESH FRUIT FRUIT CUP ASSORTED MILK	4 CHEESE BURGER WW BUNS LETTUCE/TOMATO PICKLE CHIPS CURLY FRIES COOKIE FRESH FRUIT FRUIT CUP ASSORTED MILK
7 CHICKEN FRIED STEAK/GRAVY MASHED POTATO GREEN BEANS WW BREAD JICAMA/PINEAPPLE FRUIT CUP ASSORTED MILK	8 PEPPERONI PIZZA GOLDEN CORN TOSSED SALAD ICE CREAM FRESH FRUIT FRUIT CUP ASSORTED MILK	9 BBQ PORK SANDWICH BAKED CHIPS PICKLE CHIPS BABY CARROTS/RANCH ASSORTED FRUIT FRESH FRUIT ASSORTED MILK	10 CHEESE ENCHILADAS SPANISH RICE PINTO BEANS LETTUCE/TOMATO CRACKERS FRESH FRUIT FRUIT CUP ASSORTED MILK	11 HAMBURGER WW BUNS LETTUCE/TOMATO PICKLE CHIPS CURLY FRIES COOKIE FRESH FRUIT FRUIT CUP ASSORTED MILK
14 CHICKEN NUGGETS BBQ SAUCE MASHED POTATO CARROT COINS WW BREAD FRESH FRUIT FRUIT CUP ASSORTED MILK	15 CHILI/CHEESE HOT DOGS BAKED BEANS BAKED CHIPS JICAMA/PINEAPPLE FRESH FRUIT FRUIT CUP ASSORTED MILK	16 BEEF/BEAN BURRITO SPANISH RICE LETTUCE/TOMATO PICO DE GALLO CHEESE SAUCE AVOCADO SLICES FRESH FRUIT FRUIT CUP ASSORTED MILK	17 TURKEY/GRAVY MASHED POTATO BROCCOLI/CHEESE GREEN BEANS WW ROLLS ASSORTED FRUIT PUMKIN PIE ASSORTED MILK	18 CHEESEBURGER WW BUNS LETTUCE/TOMATO PICKLE CHIPS CURLY FRIES COOKIE FRESH FRUIT FRUIT CUP ASSORTED MILK
				
28 CHICKEN FRIED STEAK MASHED POTATO GREEN BEANS WW BREAD FRESH FRUIT FRUIT CUP ASSORTED MILK	29 PEPPERONI PIZZA /RANCH SWEET CORN TOSSED SALAD CHILLED PEACHES FRESH FRUIT ASSORTED MILK	30 SWEET/SOUR CHICKEN FRIED RICE FORTUNE COOKIE EGG ROLL VEG. MEDLEY FRESH FRUIT FRUIT CUP ASSORTED MILK	<p>Good Eats At:</p> <p>SANTA MARIA I.S.D.</p> <p>LUNCH 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