

# NOVEMBER

2018



Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

**DANBURY ISD  
BREAKFAST  
PRE K – 12<sup>TH</sup>**

**SPECIAL ANNOUNCEMENTS**

**HAPPY  
THANKSGIVING!!!**

M	T	W	TH	F
Breakfast Pizza OR Cereal & Yogurt Applesauce Or Orange Juice Milk <b>5</b>	Mini Maple Waffles & Smokies OR Cereal & Smokies Pears Or Grapes Juice Milk <b>6</b>	Biscuit / Gravy & Sausage Patty OR Cereal & Sausage Patty Peaches Or Honey Dew Juice Milk <b>7</b>	Scrambled Eggs & Toast OR Cereal & Toast Pineapple Or Cantaloupe Juice Milk <b>1</b>	Banana Muffin & Sausage Links OR Cereal & Sausage Links Applesauce Or Strawberries Juice Milk <b>2</b>
Flapstick OR Cereal & Yogurt Applesauce Or Blueberries Juice Milk <b>12</b>	Mini Chocolate Chip French Toast & Smokies OR Cereal & Smokies Pears Or Apple Juice & Milk <b>13</b>	Breakfast Wrap & Sausage Patty OR Cereal & Sausage Patty Peaches Or Honey Dew Juice Milk <b>14</b>	Breakfast Bar & Toast OR Cereal & Toast Mixed Fruit Or Pineapple Juice Milk <b>8</b>	Honey Bun & Sausage Links OR Cereal & Sausage Links Applesauce Or Strawberries Juice Milk <b>9</b>
<b>THANKSGIVING BREAK!!</b> <b>19</b>	<b>THANKSGIVING BREAK!!</b> <b>20</b>	<b>THANKSGIVING BREAK!!</b> <b>21</b>	<b>THANKSGIVING BREAK!!</b> <b>22</b>	<b>THANKSGIVING BREAK!!</b> <b>23</b>
Breakfast Burrito OR Cereal & Yogurt Applesauce Or Orange Juice Milk <b>26</b>	French Toast Sticks & Smokies OR Cereal & Smokies Pears Or Grapes Juice Milk <b>27</b>	Biscuit & Sausage Patty OR Cereal & Sausage Patty Peaches Or Honey Dew Juice Milk <b>28</b>	Oatmeal & Cinn. Toast OR Cereal & Cinn. Toast Pineapple Or Cantaloupe Juice Milk <b>15</b>	Blueberry Muffin & Sausage Links OR Cereal & Sausage Links Applesauce Or Strawberries Juice Milk <b>16</b>
			Sausage Kolache OR Cereal & Toast Mixed Fruit Or Cantaloupe Juice Milk <b>29</b>	Chocolate Chip Muffin & Sausage Links OR Cereal & Sausage Links Applesauce Or Strawberries Juice Milk <b>30</b>



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2018



Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

**DANBURY ISD  
ELEMENTARY  
LUNCH  
PRE K - 5<sup>TH</sup>**

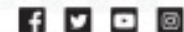
**SPECIAL  
ANNOUNCEMENTS**

**HAPPY  
THANKSGIVING!!!**

M	T	W	TH	F
<p>Stuffed Cheese Breadsticks Spinach Corn Applesauce Milk</p> <p>5</p>	<p>Steak Fingers W/Roll &amp; Country Gravy Mashed Potatoes Broccoli Peaches Milk</p> <p>6</p>	<p>Chicken Spaghetti W/Garlic Bread Garden Salad Green Beans Carrots Pears Milk</p> <p>7</p>	<p>Beef Taco Pie W/Cornbread Lettuce/Tomato Pinto Beans Mexicali Corn Pineapple Milk</p> <p>1</p>	<p>Grilled Cheese Sandwich Sweet Potato Fries Baked Beans Orange Milk</p> <p>2</p>
<p>Corn Dog Baked Beans Cauliflower Applesauce Milk</p> <p>12</p>	<p>Salisbury Steak W/Roll &amp; Brown Gravy Mashed Potatoes Peas Mixed Fruit Milk</p> <p>13</p>	<p>Chicken Tenders W/Mac &amp; Cheese Carrots Broccoli Pears Milk</p> <p>14</p>	<p>Nacho Grande W/Chili &amp; Cheese &amp; Corn Bread Lettuce/Tomato Refried Beans Pineapple Milk</p> <p>8</p>	<p>Hamburger Lettuce/Tomato/Pickle Sweet Potato Tots Baked Beans Orange Milk</p> <p>9</p>
<p>THANKSGIVING BREAK!!</p> <p>19</p>	<p>THANKSGIVING BREAK!!</p> <p>20</p>	<p>THANKSGIVING BREAK!!</p> <p>21</p>	<p>Turkey/Dressing W/Roll Green Beans Sweet Potatoes Fruit Salad Cookie Milk</p> <p>15</p>	<p>Chicken Sandwich Lettuce/Tomato Sweet Potato Fries Ranch Style Beans Orange Milk</p> <p>16</p>
<p>Pizza W/Garlic Breadstick Corn Spinach Applesauce Milk</p> <p>26</p>	<p>Popcorn Chicken W/Roll Cheese Potatoes Green Beans Peaches Milk</p> <p>27</p>	<p>Beef Macaroni W/Garlic Bread Carrots Cauliflower Mandarin Oranges Milk</p> <p>28</p>	<p>THANKSGIVING BREAK!!</p> <p>22</p>	<p>THANKSGIVING BREAK!!</p> <p>23</p>
			<p>Burrito W/Chili &amp; Cheese Lettuce/Tomato Black Beans Pineapple Milk</p> <p>29</p>	<p>Meatball Sub Sweet Potato Tots Baked Beans Orange Milk</p> <p>30</p>



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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# NOVEMBER

2018



**M** **T** **W** **TH** **F**

Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

DANBURY ISD  
MIDDLE SCHOOL  
LUNCH LINE # 2  
6<sup>TH</sup> - 8<sup>TH</sup>

**SPECIAL ANNOUNCEMENTS**

HAPPY  
THANKSGIVING!!!

Corn Dog  
Spinach  
Corn  
Applesauce  
Milk  
5

Salisbury Steak  
W/Brown Gravy  
& Roll  
Mashed Potatoes  
Broccoli  
Peaches  
Milk  
6

Ham & Cheese Sandwich  
Garden Salad  
Green Beans  
Carrots  
Pears  
Milk  
7

Spicy Chicken Sandwich  
Lettuce/Tomato  
Pinto Beans  
Mexicali Corn  
Pineapple  
Milk  
1

Chicken Salad Sandwich  
Sweet Potato Fries  
Baked Beans  
Orange  
Milk  
2

Quesadilla's  
Chili & Cheese  
Lettuce /Tomato  
Refried Beans  
Pineapple  
Milk  
8

BBQ Rib Sandwich  
Pickle Slices  
Sweet Potato Tots  
Baked Beans  
Orange  
Milk  
9

Steak Sandwich  
Baked Beans  
Cauliflower  
Applesauce  
Milk  
12

Chicken Fried Steak  
W/Roll & Country Gravy  
Mashed Potatoes  
Peas  
Mixed Fruit  
Milk  
13

Pork Chop  
Mac & Cheese  
Carrots  
Broccoli  
Pears  
Milk  
14

Chicken Fajita's  
Lettuce/Tomato  
Pinto Beans  
Corn  
Pineapple  
Milk  
15

Meatball Sub  
Sweet Potato Fries  
Ranch Style Beans  
Orange  
Milk  
16

THANKSGIVING  
BREAK!!  
19

THANKSGIVING  
BREAK!!  
20

THANKSGIVING  
BREAK!!  
21

THANKSGIVING  
BREAK!!  
22

THANKSGIVING  
BREAK!!  
23

Chicken Nuggets  
W/Garlic Bread  
Corn  
Spinach  
Applesauce  
Milk  
26

Steak Fingers  
W/Roll  
Cheese Potatoes  
Green Beans  
Peaches  
Milk  
27

Grilled Cheese Sandwich  
Carrots  
Cauliflower  
Mandarin Oranges  
Milk  
28

Nacho Grande  
W/Chili & Cheese  
Lettuce/Tomato  
Black Beans  
Pineapple  
Milk  
29

Cheese Burger  
Lettuce/Tomato/Pickle  
Sweet Potato Tots  
Baked Beans  
Orange  
Milk  
30



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**GOOD EATS AT**

**DANBURY ISD  
MIDDLE SCHOOL  
LUNCH  
6<sup>TH</sup> - 8<sup>TH</sup>**

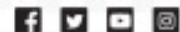
**SPECIAL ANNOUNCEMENTS**

**HAPPY  
THANKSGIVING!!!**

M	T	W	TH	F
Stuffed Cheese Breadsticks Spinach Corn Applesauce Milk <b>5</b>	Steak Fingers W/Roll & Country Gravy Mashed potatoes Broccoli Peaches Milk <b>6</b>	Chicken Spaghetti W/Garlic Bread Garden Salad Green Beans Carrots Pears Milk <b>7</b>	Beef Taco Pie W/ Cornbread Lettuce / Tomato Pinto Beans Mexicali Corn Pineapple Milk <b>1</b>	Grilled Cheese Sandwich Sweet Potato Fries Baked Beans Orange Milk <b>2</b>
Corn Dog Baked Beans Cauliflower Applesauce Milk <b>12</b>	Salisbury Steak W/Roll & Brown Gravy Mashed Potatoes Peas Mixed Fruit Milk <b>13</b>	Chicken Tenders Mac & Cheese Carrots Broccoli Pears Milk <b>14</b>	Nacho Grande W/Chili & Cheese & Cornbread Lettuce / Tomato Refried Beans Pineapple Milk <b>8</b>	Hamburger Lettuce/Tomato/Pickle Sweet Potato Tots Baked Beans Orange Milk <b>9</b>
THANKSGIVING BREAK!! <b>19</b>	THANKSGIVING BREAK!! <b>20</b>	THANKSGIVING BREAK!! <b>21</b>	Quesadilla's W/ Cheese Sauce Pinto Beans Corn Pineapple Milk <b>15</b>	Chicken Sandwich Lettuce/Tomato Sweet Potato Fries Ranch Style Beans Orange Milk <b>16</b>
Pizza W/Garlic Breadstick Corn Spinach Applesauce Milk <b>26</b>	Popcorn Chicken W / Roll Cheese Potatoes Green Beans Peaches Milk <b>27</b>	Beef Macaroni W/Garlic Bread Carrots Cauliflower Mandarin Oranges Milk <b>28</b>	THANKSGIVING BREAK!! <b>22</b>	THANKSGIVING BREAK!! <b>23</b>
			Burrito W/Chili & Cheese Lettuce/Tomato Black Beans Pineapple Milk <b>29</b>	Meatball Sub Sweet Potato Tots Baked Beans Orange Milk <b>30</b>



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# NOVEMBER

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Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

DANBURY ISD  
HIGH SCHOOL  
LUNCH & COMBO  
9TH - 12TH

**SPECIAL ANNOUNCEMENTS**

HAPPY  
THANKSGIVING!!!

Stuffed Cheese Breadsticks  
OR  
Popcorn Chicken  
Spinach / Corn  
Applesauce/Orange Milk **5**

Steak Fingers  
OR Pork Chop  
W/Roll & Country Gravy  
Mashed Potatoes  
Broccoli  
Peaches / Grapes Milk **6**

Chicken Spaghetti  
W/Garlic Bread  
OR Pizza Round  
Garden Salad  
Green Beans/Carrots  
Pears / Cantaloupe Milk **7**

Nacho Grande  
W/Cornbread  
OR Burrito  
W / Chili & Cheese  
Lettuce/Tomato  
Refried Beans  
Pineapple/Apple & Milk **8**

Hamburger OR  
Grilled Chicken Sandwich  
Lettuce/Tomato/Pickle  
Sweet Potato Tots  
Baked Beans  
Orange/Strawberries Milk **9**

Corn Dog  
OR  
Ham & Cheese Pocket  
Baked Beans  
Cauliflower  
Applesauce/Orange Milk **12**

Salisbury Steak  
OR Meatloaf  
W/2 Rolls & Brown Gravy  
Mashed Potatoes  
Peas  
Mixed Fruit / Grapes Milk **13**

Chicken Tenders  
OR  
Steak Fingers  
W/Mac & Cheese  
Carrots/Broccoli  
Pears / Apple Milk **14**

Quesadilla's  
OR  
Crispito  
W / Cheese Sauce  
Pinto Beans / Corn  
Pineapple / Honey Dew Milk **15**

Chicken Sandwich  
OR Cheese Burger  
Lettuce/Tomato  
Sweet Potato Fries  
Ranch Style Beans  
Orange/Strawberries Milk **16**

THANKSGIVING  
BREAK!!  
**19**

THANKSGIVING  
BREAK!!  
**20**

THANKSGIVING  
BREAK!!  
**21**

THANKSGIVING  
BREAK!!  
**22**

THANKSGIVING  
BREAK!!  
**23**

Pizza  
OR  
Hot Wings  
W/Garlic Breadstick  
Corn / Spinach  
Applesauce / Orange Milk **26**

Popcorn Chicken  
W/Roll  
OR Corn Dog  
Cheese Potatoes  
Green Beans  
Peaches / Grapes Milk **27**

Beef Macaroni  
W/Garlic Bread  
OR Egg Rolls  
Carrots/Cauliflower  
Mandarin Oranges  
Apple & Milk **28**

Burrito  
W / Chili & Cheese  
OR Quesadilla's  
Lettuce / Tomato  
Black Beans  
Pineapple/Honey Dew Milk **29**

Meatball Sub  
OR  
Chicken Salad Sandwich  
Sweet Potato Tots  
Baked Beans  
Orange/Strawberries Milk **30**



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Call me  
**CAPTAIN CARROTENE!**

**GOOD EATS AT**

**DANBURY ISD  
HIGH SCHOOL  
LUNCH LINE # 2  
9TH - 12TH**

**SPECIAL ANNOUNCEMENTS**

**HAPPY  
THANKSGIVING!!!**

Corn Dog  
Spinach  
Corn  
Applesauce / Orange  
Milk **5**

Salisbury Steak  
W/Brown Gravy  
& 2 Rolls  
Mashed Potatoes  
Broccoli  
Peaches / Grapes  
Milk **6**

Ham & Cheese Sandwich  
Garden Salad  
Green Beans  
Carrots  
Pears / Cantaloupe  
Milk **7**

Quesadilla's  
Chili & Cheese  
Lettuce / Tomato  
Refried Beans  
Pineapple / Apple  
Milk **8**

BBQ Rib Sandwich  
Pickle Slices  
Sweet Potato Tots  
Baked Beans  
Orange / Strawberries  
Milk **9**

Steak Sandwich  
Baked Beans  
Cauliflower  
Applesauce / Orange  
Milk **12**

Chicken Fried Steak  
W/Roll & Country Gravy  
Mashed Potatoes  
Peas  
Mixed Fruit / Grapes  
Milk **13**

Pork Chop  
Mac & Cheese  
Carrots  
Broccoli  
Pears / Apple  
Milk **14**

Chicken Fajita's  
Lettuce/Tomato  
Pinto Beans  
Corn  
Pineapple / Honey Dew  
Milk **15**

Meatball Sub  
Sweet Potato Fries  
Ranch Style Beans  
Orange / Strawberries  
Milk **16**

**THANKSGIVING  
BREAK!!**  
**19**

**THANKSGIVING  
BREAK!!**  
**20**

**THANKSGIVING  
BREAK!!**  
**21**

**THANKSGIVING  
BREAK!!**  
**22**

**THANKSGIVING  
BREAK!!**  
**23**

Chicken Nuggets  
W/Garlic Bread  
Corn  
Spinach  
Applesauce / Orange  
Milk **26**

Steak Fingers  
W/Roll  
Cheese Potatoes  
Green Beans  
Peaches / Grapes  
Milk **27**

Grilled Cheese Sandwich  
Carrots  
Cauliflower  
Mandarin Oranges  
Apple  
Milk **28**

Nacho Grande  
W/Chili & Cheese  
Lettuce/Tomato  
Black Beans  
Pineapple / Honey Dew  
Milk **29**

Cheese Burger  
Lettuce/Tomato/Pickle  
Sweet Potato Tots  
Baked Beans  
Orange / Strawberries  
Milk **30**



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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

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

## JOKE OF THE MONTH

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

Sources: Texas A&M and AgLife Extension