

NOVEMBER

Special Announcements

Menu Is subject To Change

100% Juice, whole fruit and choice of milk served with breakfast.

Choice of milk is served with lunch.



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>1</u> Breakfast Croissant or Cereal</p> <p>Crunchy Beef Tacos</p> <p>Garden Salad</p> <p>Refried Beans</p> <p>Spanish Rice</p> <p>Pineapple D'Lite</p>	<p><u>2</u> Ham/Egg & Cheese Combo or Cereal</p> <p>Beef Spaghetti</p> <p>Bread Sticks</p> <p>Mixed Greens W/Carrots</p> <p>Green Beans</p> <p>Peaches</p>	<p><u>3</u> Assorted Muffins or Cereal</p> <p>Chicken Crisпитos</p> <p>Garden Salad</p> <p>Tomato Wedges</p> <p>Ranch Beans</p> <p>Fresh Fruit</p>	<p><u>4</u> Sausage Kolaches or Cereal</p> <p>Corndogs</p> <p>Tater Tots</p> <p>Mixed Fresh Veggies</p> <p>Cherry Tomatoes</p> <p>Cookies/Grapes</p>
<p><u>7</u> Staff Development No School</p>	<p><u>8</u> Biscuits & Sausage Gravy or Cereal</p> <p>Beef Steak fingers/Gravy</p> <p>Honey Wheat Rolls</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Mixed Fruit Salad</p>	<p><u>9</u> Cinnamon Rolls or Cereal</p> <p>Beef/ Bean & Cheese</p> <p>Tostada Bowls</p> <p>Garden Salad</p> <p>Salsa/Chips</p> <p>Tropical Fruit Mix</p>	<p><u>10</u> Bacon/Egg Scramble w/Toast or Cereal</p> <p>Ham & Cheese Pretzel Bun</p> <p>Baked Chips</p> <p>Cucumber & Tomatoes</p> <p>Lime Sherbet</p> <p>Orange Smiles</p>	<p><u>11</u> Pancake Pups or Cereal</p> <p>Cheeseburgers</p> <p>Burger Salad</p> <p>Potato Smiles</p> <p>Baby Carrots</p> <p>Brownies/Apple Slices</p>
<p><u>14</u> Very Berry French Toast & Yogurt or Cereal</p> <p>Beef Ravioli</p> <p>Garlic Toast</p> <p>Green Beans</p> <p>Garden Salad</p> <p>Strawberry Fluff</p>	<p><u>15</u> Kolaches or Cereal</p> <p>Hamburger Steak/ Gravy</p> <p>Honey Wheat Roll</p> <p>Pinto Beans</p> <p>Cucumber Slices</p> <p>Peaches</p>	<p><u>16</u> Ham/Egg & Cheese Combo or Cereal</p> <p>French bread Pizza</p> <p>Broccoli & Cauliflower</p> <p>Seasoned Corn</p> <p>Pineapple Tidbits</p>	<p><u>17</u> Blueberry Pancakes or Cereal</p> <p>Hot Dogs w/Chili & Cheese</p> <p>Tater Tots</p> <p>Fresh Veggies</p> <p>Frozen Fruit Bar/Fruit Cup</p>	<p><u>18</u> Breakfast Pastries or Cereal</p> <p>Corndogs</p> <p>Baked Chips</p> <p>Baby Carrots</p> <p>Sliced Cucumbers</p> <p>Fresh Fruit/Crispy Treat</p>
<p><u>21</u> </p>	<p><u>22</u></p>	<p><u>23</u></p>	<p><u>24</u></p>	<p><u>25</u> </p>
<h1>Thanksgiving Break</h1>				
<p>THANKSGIVING DAY</p>				
<p><u>28</u> Blueberry Pancakes & Yogurt or Cereal</p> <p>Chicken Spaghetti</p> <p>Breadsticks</p> <p>Seasoned Corn</p> <p>Pinto Beans</p>	<p><u>29</u> Sausage Rolls or Cereal</p> <p>Beef Nachos</p> <p>Salsa</p> <p>Refried Beans</p> <p>Garden Salad</p>	<p><u>30</u> Danish Waffles or Cereal</p> <p>Taquitos & Queso</p> <p>Tortilla Chips</p> <p>Ranch Beans</p> <p>Cucumber & Tomatoes</p>	<p>Good Eats At:</p> <hr/>	

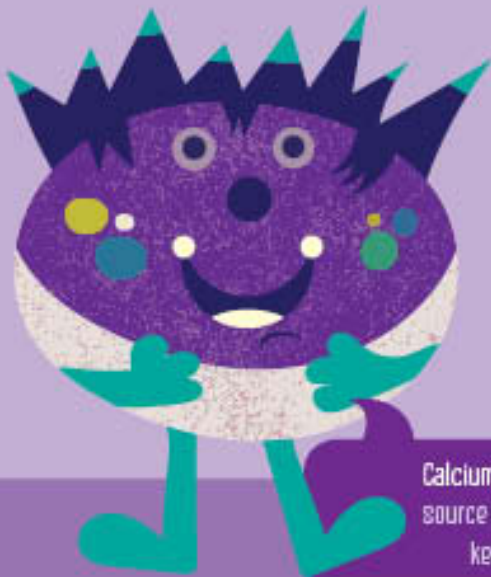
Activities

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.

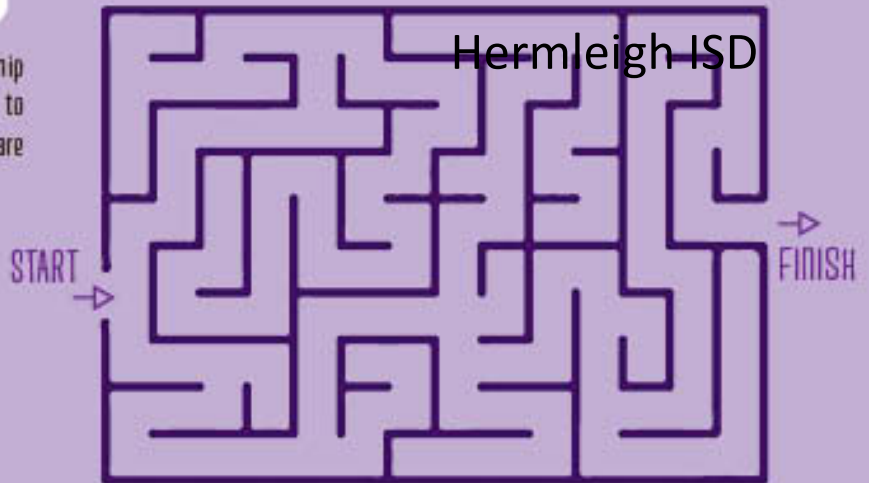
Growing Region: East Texas

Growing Months: March through November



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

Hermleigh ISD



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

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