

# NOVEMBER

2018



Call me  
**CAPTAIN CARROTENE!**

**GOOD  
EATS AT**

**Cougar  
Cafe**

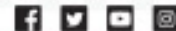
**SPECIAL  
ANNOUNCEMENTS**

M	T	W	TH	F
			Egg & Cheese Biscuit Pizza Salad Corn 1	Muffins Corndogs Baby Carrots Pork N Beans 2
Biscuit & Gravy Chicken Tenders Green Beans Carrots 5	Sausage Roll Tacos Salad Pinto Beans 6	French Toast Pork Patty Broccoli Squash Rice 7	Breakfast Corndog Pizza Stix Salad Corn 8	Eggs & Sausage Ravioli Mixed Veggies Cucumbers Bunny Grahams 9
Breakfast Taco Sloppy Joe Corn Green Beans 12	Donut BBQ Chicken Pork N Beans Cauliflower Bunny Grahams 13	Mini Cinni Hamburgers Salad French Fries 14	Biscuit Chicken Nuggets Broccoli Mixed Veggies 15	Pop Tarts Meatballs Rice, Roll Carrots Green Peas 16
Honey Bun Crispitos Pinto Beans Carrots 19	Breakfast Pizza Thanksgiving Parent Lunch 20	No School 21	Happy Thanksgiving 22	No School 23
Frudel Sausage Rolls Broccoli Squash 26	Hot Pocket Chalupas Salad Corn Bunny Grahams 27	Cinnamon Toast Pizza Salad Mixed Veggies 28	Waffle BBQ Rib Pinto Beans Carrots 29	Donuts Meatball Sub Green Beans Cauliflower 30

Menu is subject to change without notice depending upon availability.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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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

### JOKE OF THE MONTH

Q: What's a vegetables favorite martial art?  
A: Carrotel

Answers

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

Sources: Texas A&M and AgLife Extension