



NOVEMBER

2020

LONG EARLY LEARNING
CENTER



m
(5) .4oz Wheat Thins

½ oz String Cheese

2.

t
1/3 C Cheerios

1 Fresh Clementine's

3.

w
.4 oz Goldfish Pretzels

1 Fresh Banana

4.

th
½ Slice WW Bread

½ oz Tuna Salad

5.

f
Tostitos Chips

2 oz HM Hummus

6.

WG Graham Crackers

½ C Applesauce

9.

.4 oz Cheez Its

½ C Pineapples

10.

.4oz Yogurt

1 Fresh Banana

11.

.4 oz Goldfish Pretzels

2 oz HM Bean Dip

12.

½ Cup Grapes

½ oz String Cheese

13.

WG Bread Stick

IW Tomato Sauce Cups

16.

4 oz WG Goldfish

½ Cup Fresh Apple

17.

¼ C Cottage Cheese

½ C Mandarin Oranges

18.

(5) .4oz MG Crackers

½ Boiled Egg

19.

(5) .4 oz Wheat Thins

½ oz String Cheese

20.

THANKSGIVING
HOLIDAY

23.

THANKSGIVING
HOLIDAY

24.

THANKSGIVING
HOLIDAY

25.

THANKSGIVING
HOLIDAY

26.

THANKSGIVING
HOLIDAY

27.

WG Graham Crackers

½ C Applesauce

30.

Special Announcements:

ALLERGIES:

(6) Cheese, (5) Yogurt, (2) Peanuts, Oranges, Fruit, (2) Peaches, Pears, Eggs, Milk, Mozzarella Cheese, Cashews, Tree Nuts



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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National School Lunch Program and School Breakfast Program



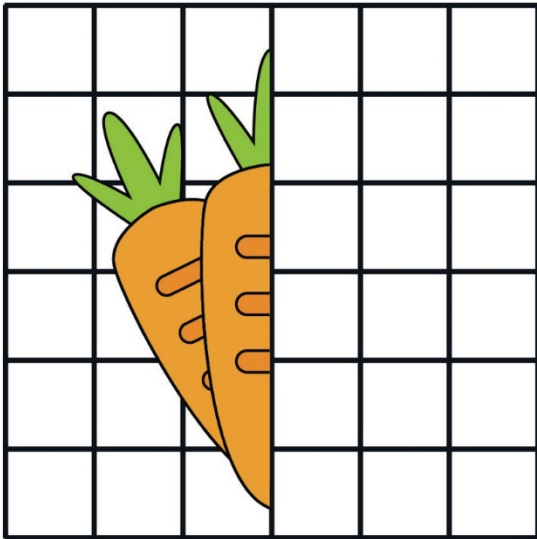
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COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

COMPLETE THE DRAWING



DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.



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