



NOVEMBER

2020

CROCKETT EARLY HEAD START



m

HM Chicken Noodle Soup Pasta
Mixed Veggies Cnd. Pineapples Milk
Breakfast PM Snack
WG Waffles Club Crackers
Cnd. Peaches Fsh. Avocado Dip
Milk 2.

t

HM Beef Empanadas Crust
Fsh. Salad Mixed Veggies
Milk
Breakfast PM Snack
Bfast Rice Animal Crackers
Cnd. Baked Apples Milk 3.

w

HM Mac and Chz w/Ham
Frz. Greens WG Pasta
Cnd. Man. Oranges Milk
Breakfast PM Snack
WG Cereal Cheez Its
Fresh Banana Cnd. Applesauce 4.

th

HM Turkey Casserole WG Pasta
Cnd. Corn Frz. Sweet Peas
Milk
Breakfast PM Snack
HM/WW Banana Sqrs. Cottage Cheese
Cnd. Pears Frz. Peaches 5.

f

HM Chicken Broccoli and Cheese
Casserole Brown Rice
Frz. Squash Milk
Breakfast PM Snack
WW Toast Boiled Eggs
Cnd. Apricots Ritz Crackers 6.

HM Chicken and Brown Rice
Frz. Greens Cnd. Mand Oranges
Milk
Breakfast PM Snack
Frz. WG Pancakes MG Crackers
w/V. Yogurt Cheese Stix 9.

HM Hamburgers WG Bun
HM Potato Cube Cnd. Man. Oranges
Milk
Breakfast PM Snack
WW Chz.Toast HM/WW
Cnd Peaches Carrot Spice Sq 10.

HM Hawaiian Pizza w/Trky Ham
Frz. G. Beans WG English Muffins
Frz. RB Milk
Breakfast PM Snack
WG Cereal WG Goldfish
Fsh. Banana Cnd. Pears 11.

HM Turkey Tetrazzini
Frz. Peas and Carrots WG Pasta
Mixed Fruit Milk
Breakfast PM Snack
WW Toast Cottage Cheese
Frz. BB Frz. Pineapples 12.

HM Bean Enchilada WW Tortilla
Fsh Salad Cnd. Peaches
Milk
Breakfast PM Snack
Scr. Eggs Animal Crackers
Cnd. Bkd Apples Milk 13.

HM Chicken Salad WW Bread
Cnd Peaches Frz. Broccoli Normandy
Milk
Breakfast PM Snack
Frz. F Toast Sticks Wheat Thins
Frz. SB/BB Cheese Stix 16.

HM Cowboy Beans w/ Hmgr &
Pinto Beans HM Corn Bread
Fresh Watermelon Milk
Breakfast PM Snack
HM Oatmeal HM/WW
Cnd. Apricots Ricotta Square 17.

HM Pulled Pork Bun
HM Pot. Salad Cnd. G. Beans
Milk
Breakfast PM Snack
WG Cereal WW Bread
Fsh. Bananas HM Egg Salad 18.

Turkey and Dressing Sweet Potatoes
Green Beans Cranberry Sauce
Milk
Breakfast PM Snack
WW Toast Yogurt
Cnd. Oranges Frz. Peaches 19.

Arroz Con Queso/ Pinto Beans B.Rice
Cnd. Peas Cnd. Peaches
Milk
Breakfast PM Snack
Scr. Eggs Graham Cracker
Cnd. Pears Milk 20.

THANKSGIVING
HOLIDAY

23.

THANKSGIVING
HOLIDAY

24.

THANKSGIVING
HOLIDAY

25.

THANKSGIVING
HOLIDAY

26.

THANKSGIVING
HOLIDAY

27.

HM Chicken Enchilada Casserole
Frz. Spinach Corn Tortilla
Fsh. W.Melon Milk
Breakfast PM Snack
Frz. Waffles Club Crackers
Frz. SB/BB Cheese 30.

Special Announcements:

Abbreviations:

BB=Blueberries, BlkB=Blackberries, Bfast= Breakfast, Cin.= Cinnamon, Cnd.= Canned, Crkr= Cracker, Cnt.= Cantaloupe, Drsg= Dressing,
Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto

WATER IS SERVED/OFFERED AT EVERY MEAL/SNACK



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



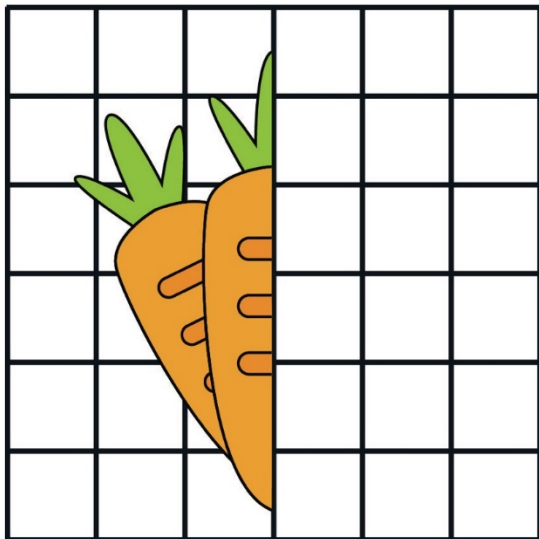
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www.SquareMeals.org



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.

