My Name is **CORA** CLEMENTINE

NOVEMBER 2019

TDA's November 2019 Menu Calendar

M	T	W	TH	F
				HOLIDAY 1
SALISBURY STEAK POPCORN CHICKEN HONEY WHEAT ROLLS SEASONED GREEN BEANS MASHED POTATOES/GRAVY 4	SOFT CHICKEN TACO FIESTA RICE REFRIED BEANS HAM & CHEESE SUB 5	CHICKEN FRIED STEAK TURKEY & CHEESE SUB GRAVY TATOR TOTS PEAS & CARROTS 6	BBQ CHICKEN DRUMSTICK RAVIOLI W/BREADSTICK FRENCH FRIES MIXED VEGETABLES 7	CHEESE PIZZA PEPPERONI PIZZA HAM & CHEESE SUB BROCCOLI & CHEESE 8
SLOPPY JOES CHICKEN SANDWICH HOT/SPICY TATER TOTS SEASONED GREEN BEANS 11	BEEF TACOS FIESTA RICE PINTO BEANS HAM & CHEESE SUB 12	HAMBURGER HOT DOG FRENCH FRIES SEASONED GREEN BEANS HAM & CHEESE SUB 13	CHICKEN NUGGETS W/ROLL STEAK FINGERS TURKEY & CHEESE SUB MASHED POTATOES GRAVY MIXED VEGETABLE 14	CHEESE PIZZA PEPPERONI PIZZA HAM & CHEESE SUB BROCCOLI 15
CHICKEN STRIPS PIZZA STIX MASHED POTATOES GRAVY SEASONED GREEN BEANS 18	BEEF ENCHILADES CORN DOG BLACK BENAS CORN 19	SPAGHETTI W/MEAT SAUCE CHICKEN PARMESEAN SANDWICH PEAS & CARROTS ITALIAN GREEN BEANS 20	CHICKEN NUGGETS ROLL HAM & CHEESE SUB ORIENTAL FRIED RICE VEGETABLE STIR FRY OVEN BAKED CHIPS 21	CHEESE PIZZA BIG DADDY MEAT PIZZA FISH SANDWICH BROCCOLI 22
HOLIDAY 25	HOLIDAY 26	HOLIDAY 27	HOLIDAY 28	HOLIDAY 29

GOOD EATS AT

TERRELL 9th GRADE CAMPUS LUNCH

SPECIAL ANNOUNCEMENTS

SERVED DAILY:
FRESH MADE SALADS
CHOICE OF FRESH & CANNED FRUITS
CHOICE OF MILK

SERVED DAILY:
1% WHITE MILK, NON-FAT CHOCOLATE MILK, NON-FAT STRAWBERRY MILK
FRESH SEASONAL FRUIT, CHILLED CANNED FRUIT

CONDIMENTS TO COMPLIMENT THE MEAL

square meals

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

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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CORA CLEMENTINE

Cora Clementine was the littlest blossom. During her first winter as a tiny tangor, the frost hit early and ice crystals formed all around her. The sunlight beamed down on Cora and was magnified by the crystals. The magnified sunlight magnified the vitamin C crystal inside Cora to keep her from getting sick that cold, icy winter. Now Cora uses the magic crystal to pass power of immunity to the other young clementines so they can grow into powerful, flavorful, nutritious snacks to keep kids healthy!

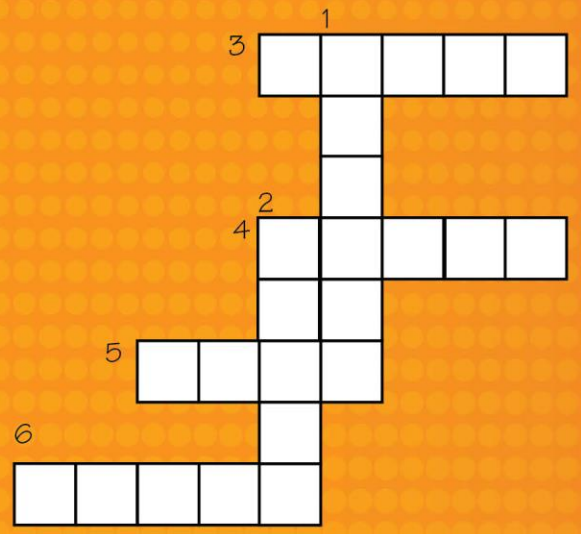
WHAT TO KNOW

Clementines are a cross between a Chinese mandarin and an orange. They are smaller than oranges and are easy to peel, making them a great snack! Clementines are low in calories and contain fiber, vitamin C, and other important vitamins, minerals, and antioxidants that help support a healthy immune system.

CORA CLEMENTINE'S
FAVORITE ACTIVITY
Climbing Trees

POWER
SUPER
Immunity

CROSSWORD PUZZLE



DOWN

1. Color of a Clementine
2. How a Clementine Tastes

ACROSS

3. Clementine Shape
5. Clementines grow on a _____.
6. Type of Food
4. Clementines are a great _____.

Answers
1: orange
2: sweet
3: round
4: snack
5: tree
6: fruit

JOKE OF THE MONTH

Q: Why did the clementine go to the doctor?

A: It wasn't peeling well

FUN FACT

Clementines are often called "Christmas oranges" because their limited growing season falls during the winter.