

My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M

T

W

TH

F

HOLIDAY

1

SCRAMBLED
EGGS
SAUSAGE
BISCUIT

4

SAUSAGE
BISCUIT

5

BREAKFAST
PIZZA
STRING
CHEESE

6

SCRAMBLED
EGGS
BISCUIT
GRAVY

7

BREAKFAST
POCKET

8

YOGURT &
SPORT
GRAHAMS

11

PANCAKES
CHEESE
OMELET

12

SCRAMBLED
EGGS
SAUSAGE
PATTY

13

BACON
APPLE
CINNAMON
MUFFIN

14

HAM
BISCUIT
W/CHEESE

15

SCRAMBLED
EGGS
SAUSAGE
BISCUIT

18

SAUSAGE
BISCUIT

19

BREAKFAST
PIZZA
STRING
CHEESE

20

SCRAMBLED
EGGS
BISCUIT
GRAVY

21

WAFFLE
STIX AND
BACON

22

HOLIDAY

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

28

HOLIDAY

29

**GOOD
EATS AT**

**TERRELL
K-12
BREAKFAST**

**SPECIAL
ANNOUNCEMENTS**

**BREAKFAST IS FREE TO ALL
T.I.S.D. STUDENTS**

AVAILABLE DAILY:
ICE COLD MILK
1% WHITE

NON-FAT CHOCOLATE
NON-FAT STRAWBERRY

FRESH SEASONAL FRUIT
CANNED FRUIT OR 100% FRUIT JUICE
ASSORTED CEREALS

CONDIMENTS TO COMPLEMENT THE
MEAL



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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Cora Clementine was the littlest blossom. During her first winter as a tiny tanger, 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!



CORA CLEMENTINE

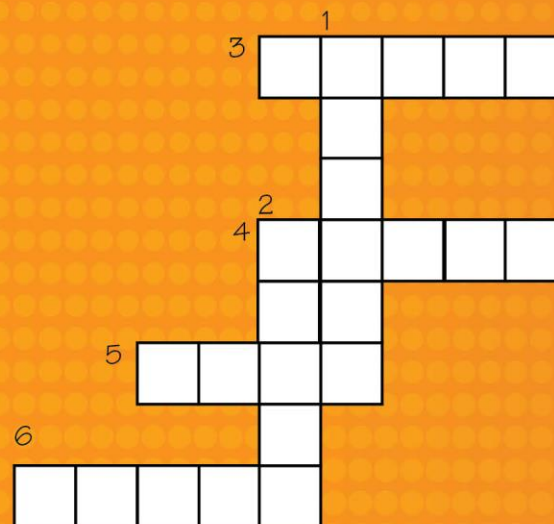
WHAT TO KNOW

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

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



POWER
SUPER
Immunity

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.