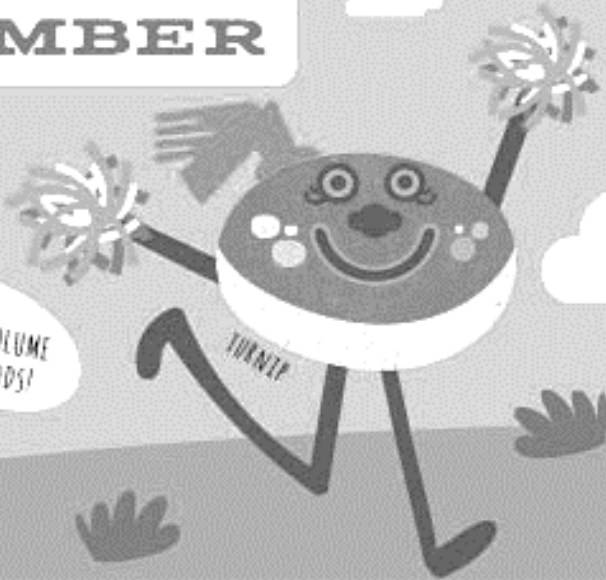


NOVEMBER

Special Announcements

TURN UP THE VOLUME FOR HEALTHY FOODS!



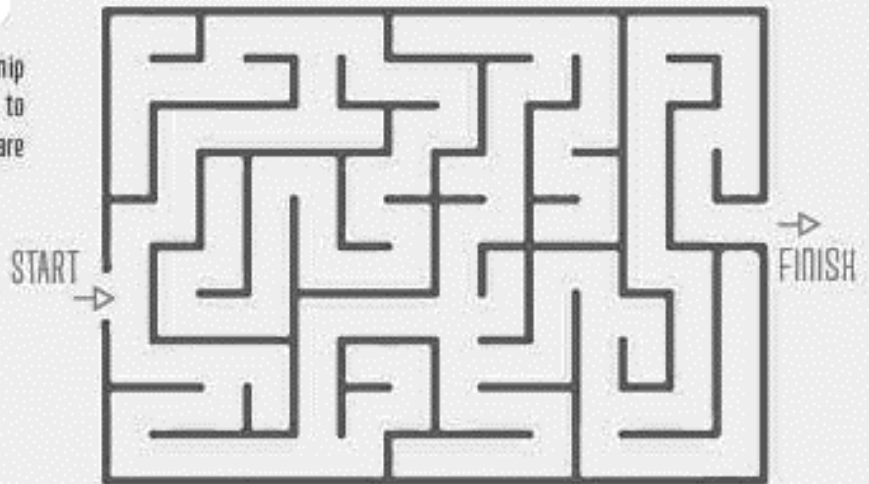
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Biscuit, Eggs, Ham Hot Ham & Cheese Pretzel Sandwich Tomato-Cucumber Cup Garden Salad, Fruit Milk Variety	2 Cinnamon Roll, Sausage Texas Basket Carrot Coins Apple Slices Cookie Milk Variety	3 Sausage, Pretzel Sand. TURKEY DRESSING MASHED POTATOES GREEN BEANS SNOWBALL SALAD MILK VARIETY	4 Breakfast Burrito Fish Strips Texas Toast Coleslaw Pinto Beans Orange Smiles Milk Variety
7 Sausage Biscuit Taqitos & Queso Charro Beans Garden Salad Hot Cinnamon Apples Milk Variety	8 Breakfast Boat Corn Dog Chips Carrots Apple Slices Celery Stick Milk Variety	9 Chicken-n-Waffles Pizza Choice Garden Salad Tiny Tomato Cup Fruit Cup Milk Variety	10 Stuffed Bagel Chicken Nuggets Mac & Cheese Savory Green Beans Broccoli Apple Slices Milk Variety	11 Dutch Waffle Meatball Sub Fresh Veggie Cup Fruit Pudding Milk Variety
14 Sausage Kolache Country Fried Steak Mashed Potatoes Gravy, Roll Savory Green Beans Strawberry Cup Milk Variety	15 Cheese Omelet Wrap Enchiladas, Salsa Refried Beans Zesty Cucumbers Lettuce & Tomato Garnish Rosy Applesauce, Milk	16 Breakfast Pizza Pizza Choice Garden Salad Vegetable Medley Orange Smiles Milk Variety	17 Waffles, Sausage Frito Pie, Salsa Baby Carrots Mexicali Corn Lettuce & Tomato Garnish Peaches, Cookie, Milk	18 Cinnamon Roll, Bacon Hamburger or Cheeseburger w/garnish Coleslaw, Apple Slices Sweet Potato Fries Milk Variety
21 Pancakes, Bacon Stuffed Baked Potato Baked Beans, Roll Broccoli Bites Apple-Pineapple D'Lite Milk Variety	22 Sunrise Sandwich Grilled Cheese Sandwich Soup, Pears Cucumber Dippers Tiny Tomato Cup Lime Sherbet Cup, Milk	23 HOLIDAY	24 THANKSGIVING	25 HOLIDAY
28 Pancake Wrap Lasagna w/meat sauce Roll Garden Salad Tuscan Vegetables Fresh Seasonal Fruit Milk Variety	29 Chicken-n-Biscuit Asian Bowl Eggroll Baby Carrots Steamed Broccoli Chilled Pineapple Sugar Cookie, Milk	30 French Toast Chicken Fajitas Lettuce & Tomatoes Refried Beans, Salsa Tiny Tomato Cup Hot Cinnamon Apples Milk Variety		This institution is an equal opportunity provider. Melissa Clark, Director (806) 428-3241 mclark@esc17.net

Turnips

Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

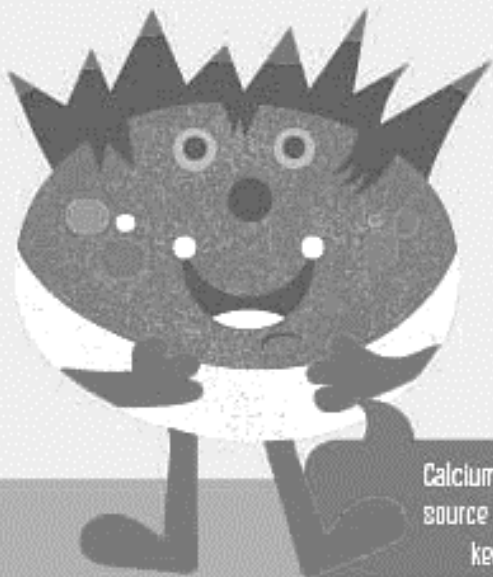
Growing Months: March through November



Joke of the Month

Q. What did the farmer say to his wife when she was looking for the dog?

see answer below.



Calcium: Turnips are also a good source of calcium. Calcium helps keep your bones strong.



Growing Regions

Radishes

Radishes are also root vegetables, and are related to kale, broccoli, cauliflower, and horseradish. They can be sliced and eaten raw on top of salads, grilled or pickled for hamburgers, or roasted for a shish kabob.

Like many vegetables, radishes contain vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growing Region: Central Texas

Growing Months: October, November, March and April



Visit: SquareMeals.org/SeasonalityWheel