

NOVEMBER

2018



Call me
CAPTAIN CARROTENE!

M	T	W	TH	F
		Breakfast: S/E/C Sandwich Lunch: Chicken Spaghetti Carrots, Fruit 1	Breakfast: Scrambled Eggs, Biscuit & Gravy Lunch: Shrimp Poppers Mac & Cheese Green Beans, Fruit 2	
Breakfast: Sausage Biscuit Lunch: Hamburger/ Cheeseburger Fries, Fruit 5	Breakfast: Breakfast Burrito Lunch: Chicken Fajitas Beans, Fruit 6	Breakfast: Chicken~n~Waffle Lunch: Pizza Pocket, Salad Fruit 7	Breakfast: Pancakes& Sausage Lunch: Ranchero Wrap Veggies, Fruit 8	Breakfast: French toast Lunch: Popcorn Chicken Mashed Potatoes Green Beans 9
Breakfast: Breakfast Pizza Lunch: Taqitos, Beans Fruit 12	Breakfast: Chicken~N~Biscuit Lunch: Meatball Subs Tater tots, Fruit 13	Breakfast: Power Breakfast Lunch: Chicken Nuggets Mac and Cheese Green Beans 14	Breakfast: Sausage Kolache Lunch: Pizza, Corn Jello, Veggies 15	Breakfast: Sausage & Biscuit Lunch: Frito Pie Cucumbers Applesauce 16
Breakfast: French Toast Lunch: Thanksgiving Meal 19	Breakfast: Oatmeal Lunch:	Thanksgiving Holiday 21	Thanksgiving Holiday 22	Thanksgiving Holiday 23
Breakfast: Pancakes& Sausage Lunch: Oven Roasted Chicken, Broccoli Fruit Ball 26	Breakfast: Breakfast Burrito Lunch: Nacho Grande Beans, Veggies Fruit 27	Breakfast: Power Breakfast Lunch: Chicken Sandwich Fries, Veggies Fruit 28	Breakfast: Sausage Kolache Lunch: Asian Bowl Salad, Fruit 29	Breakfast: Griddle Sandwich Lunch: Pizza, Carrots Fruit 30

**GOOD
EATS AT**

**NEWCASTLE
ISD**

**SPECIAL
ANNOUNCEMENTS**

**Menu is subject to
change.**

**Served Daily:
Variety of Milk
Variety of Juice
Variety of Cereal**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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One day farmer Jones was picking carrots when a storm rolled in. He left his basket of carrots in the field and ran to the house. Just as he was safely inside, lightning struck the basket. All the carrots were cooked to perfection, except one! The carrot jumped up, looked around with electric eyes and realized she could see for miles and her powerful eyes could even shoot beta carotene into the ground. She became Captain Carrotene! She began helping all the carrots in the Healthyville fields have plenty of beta-carotene that human bodies turn into vitamin A to help their vision.



CAPTAIN CARROTENE

Carrot

FUN FACTS

- Americans eat, on average, more than 10 pounds of fresh carrots per person per year.
- According to Guinness World Records, the record for the world's longest carrot was set in 2016 and measured 20 feet 5.9 inches long! Now that is a colossal carrot!

CAPTAIN CARROTENE'S FAVORITE ACTIVITIES

Playing Tennis and Golf

SESAME GLAZED CARROTS

Ingredients:

- 7-3/4 pounds Baby carrots, sliced to 1/2 inch rounds
- 1 ounce Olive oil
- 1 T. Garlic powder
- 3 ounces Low sodium soy sauce
- 2 T. Brown sugar, packed
- 1 tsp. Sesame oil
- 1/4 ounce Rice wine vinegar
- 1 T. Buffalo wing sauce
- 1 T. Sesame seeds

Directions:

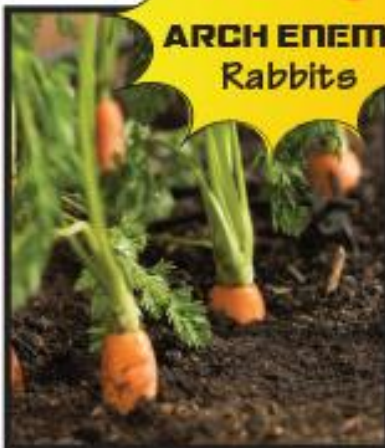
1. Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
2. Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
3. Roast carrots in oven for 20–25 minutes, or until tender.
4. While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
5. Sprinkle with sesame seeds.
6. Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.



POW!

ARCH ENEMY

Rabbits



WORD SEARCH

Find the following words: carrot, root, vegetable, soil, farm, cultivate, stem

F	C	E	C	A	C	R	V
M	U	U	A	O	T	S	E
D	L	G	R	J	K	V	G
S	T	O	R	S	N	A	E
H	I	R	O	O	T	C	T
S	V	T	T	I	D	W	A
T	A	G	D	L	S	W	B
E	T	Y	F	A	R	M	L
M	E	D	R	F	O	K	E

JOKE OF THE MONTH

Q: What's a vegetable's favorite martial art?
A: Carroted!

Answers

S	X	O	J	K	O	S	M
T	H	R	V	J	A	L	S
R	M	R	T	O	S	V	L
V	M	O	I	L	A	L	S
L	C	L	O	O	R	I	H
R	V	H	R	R	O	R	S
A	K	F	K	O	O	O	L
S	L	O	K	O	O	L	S
R	E	T	Y	F	A	R	M
L	C	R	F	O	K	E	

Sources: Texas A&M and AgLife Extension