

NOVEMBER

Special Announcements

Staff Development-Student Holiday—No School
 Wednesday, November 09, 2016
 Thanksgiving Community Luncheon—November 10, 2016
 Thanksgiving Holidays—November 23-25, 2016

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Fat Free Strawberry Milk.

Breakfast is served with a choice of fruit and/or 100% fruit juice.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Burrito Fruit Juice Milk	2 Mini Pancakes Fruit Juice Milk	3 Breakfast Strudel Cheese Stick Fruit Juice Milk	4 Sausage Kolache Cheese Stick Fruit Juice Milk
7 Sausage Biscuit Fruit Juice Milk	8 Breakfast Round Yogurt Fruit Juice Milk	9 Staff Development Student Holiday No School	10 Stuffed Bagel Fruit Juice Milk	11 Egg & Cheese Sandwich Fruit Juice Milk
14 Breakfast Muffin Yogurt Fruit Juice Milk	15 Waffle Cheese Stick Fruit Juice Milk	16 Pancake Wrap Fruit Juice Milk	17 Cinnamon Pull-a-Parts Cheese Stick Fruit Juice Milk	18 Breakfast Pizza Fruit Juice Milk
21 Mini Pancakes Yogurt Fruit Juice Milk	22 French Toast Yogurt Fruit Juice Milk	23 Thanksgiving Holiday No School	24 Thanksgiving Holiday No School	25 Thanksgiving Holiday No School
28 Breakfast Round Yogurt Fruit Juice Milk	29 Sausage Biscuit Fruit Juice Milk	30 Stuffed Bagel Fruit Juice Milk	THANKSGIVING DAY	
Good Eats At: Whiteface CISD Pre-K-12 th Grades Breakfast Menu				

NOVEMBER



Special Announcements

Staff Development—Student Holiday—No School
November 09, 2016

Thanksgiving Community Luncheon—November 10, 2016

Thanksgiving Holidays—November 23-25, 2016

All lunches are served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, or Fat Free Strawberry Milk.

All lunches are served with a choice of fruit and/or 100% fruit juice.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Asian Bowl Brown Rice Eggroll Baby Carrots Steamed Broccoli Chilled Pineapple Tidbits Sugar Cookie	2 Texas Basket (Steak Fingers/Tater Tots/Roll) Baby Carrots Apple Slices Cookie	3 Popcorn Chicken Roll Brown Gravy Mashed Potatoes Seasoned Corn Savory Green Beans Banana	4 BBQ on a Bun Coleslaw Charro Beans Apple-Pineapple D'Lite
7 Meatball Sub Tater Tots Fresh Veggie Cup Orange Smiles Chocolate or Vanilla Pudding	8 Pizza Garden Salad Tiny Tomato Cup Fruit Cup	9 Staff Development Student Holiday No School	10 Turkey & Gravy Dressing Roll Mashed Potatoes Savory Green Beans Snowball Salad Cranberry Sauce	11 Corn Dog Tater Tots Baby Carrots Sliced Peaches Crispy Cereal Treat
14 Soft Tacos/Salsa Lettuce & Tomato Garnish Baby Carrots Seasoned Corn Peaches Cookies	15 Chicken Strips Gravy Texas Toast Coleslaw Sweet Potato Fries Apple Slices	16 Meat & Cheese Tostadas Lettuce & Tomato Garnish Salsa Zesty Cucumbers Refried Beans Rosy Applesauce	17 Country Fried Steak Gravy Roll Mashed Potatoes Savory Green Beans Strawberry Cup	18 Pizza Garden Salad Vegetable Medley Orange Smiles
21 Nachos Grande Salsa Lettuce & Tomato Garnish Cucumber Dippers Tiny Tomato Cup Pears Lime Sherbet	22 Hot Dog Corn Chips Baby Carrots Broccoli Bites w/Cherry Tomatoes Grapes Cookie	23 No School—Thanksgiving Holiday	24 No School—Thanksgiving Holiday	25 No School—Thanksgiving Holiday
28 Pizza Baby Carrots Broccoli Bites Pineapple Tidbits Sugar Cookie	29 Tex Mex Stack Spanish Rice (9-12 only) Lettuce & Tomato Garnish Refried Beans Salsa Tiny Tomato Cup Apple Slices	30 Chicken Parmesan Breadstick Garden Salad Savory Green Beans Rosy Applesauce	THANKSGIVING DAY	

Good Eats At:

Whiteface CISD
Pre-K – 12th Grades
Lunch Menu

Turnips

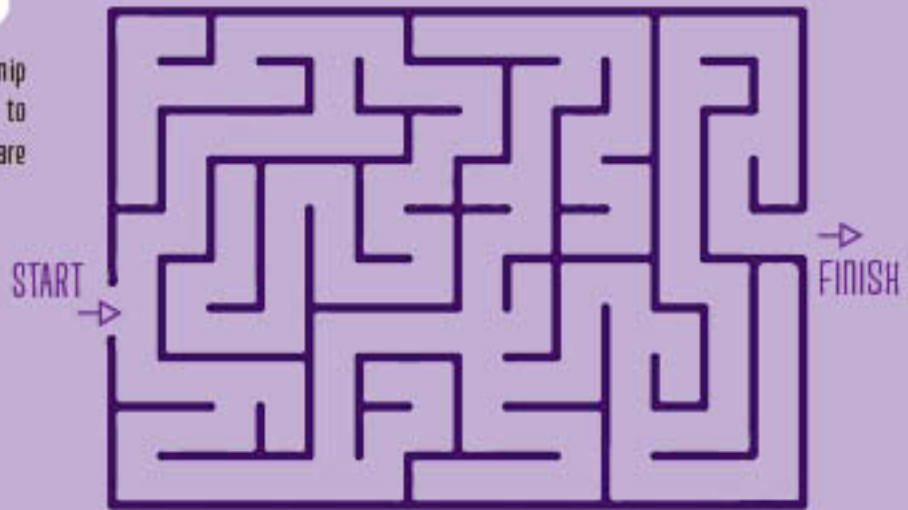
Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November



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



Joke of the Month

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

see answer below.



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