

My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M **T** **W** **TH** **F**

BBQ Chicken
Mashed Potato
Ranch Beans
Celery/PB
Fruit
Milk/Juice 4

Taco's
Refried Beans
Spanish Rice
Fruit
Carrots
Milk/Juice 5

Spaghetti
Meatballs
Green Beans
Garlic Bread
Fruit
Milk/Juice 6

Orange Chicken
Fried Rice
Egg rolls
Carrots
Fruit
Milk/Juice 7

Grilled Chicken Sub
Pea's
Broccoli
Chips
Fruit
Milk/Juice 1

GOOD EATS AT

MAY ISD

Ham Cheese Subs
Cooked Carrots
Cauliflower
Chips
Fruit
Milk/Juice 11

King Ranch Chicken
Ranch Beans
Celery/PB
Rolls
Fruit
Milk/Juice 12

Pizza
Veggie Nuggets
Corn
Carrots
Fruit
Milk/Juice 13

Salisbury Steak
Mashed Potato's
Green Beans
Rolls
Fruit
Milk/Juice 14

BBQ Bun
Tater Tots
Corn
Broccoli
Fruit
Milk/Juice 8

SPECIAL ANNOUNCEMENTS

Lunch Menu K-6 Regular Price: \$2.75 7- 12 Regular Price: \$3.00 K-12 Reduced Price: \$0.40 Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal. Menu is subject to change due to deliveries. Salad served Daily.

Chicken Nuggets
French Fries
Cooked Carrots
Rolls
Fruit
Milk/Juice 18

Chicken Quesadilla's
Ranch Beans
Carrots
Fruit
Milk/Juice 19

Turkey/Dressing
Mashed Potato's
Green Beans
Rolls
Cookie/Cake
Fruit
Milk/Juice 20

Corn Dogs
Baked Beans
Tater Tots
Fruit
Milk/Juice 21

Cheese Burger
French Fries
Baked Beans
Broccoli
Fruit
Milk/Juice 15

THANKSGIVING
BREAK 25

THANKSGIVING
BREAK 26

THANKSGIVING
BREAK 27

THANKSGIVING
BREAK 28

THANKSGIVING
BREAK 29



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!



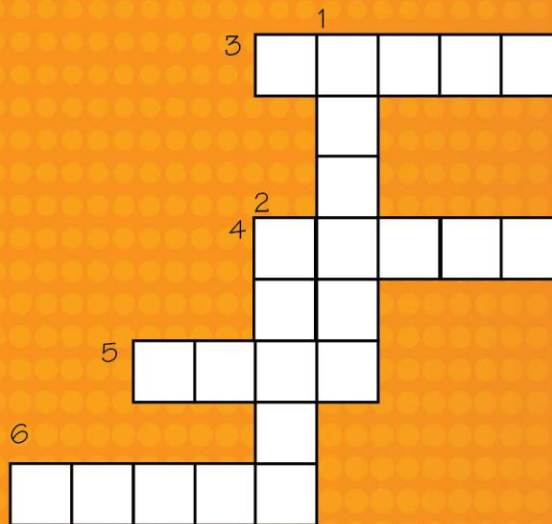
CORA CLEMENTINE

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



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.