

My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



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

Yogurt
Toast
Fruit
Milk/Juice 4

Waffles
Sausage
Fruit
Milk/Juice 5

Morning rolls
Fruit
Milk
Juice 6

Sausage
Biscuit
Fruit
Milk/Juice 7

French Toast
Sausage
Fruit
Milk/Juice 8

Oatmeal
Toast
Fruit
Milk/Juice 11

Breakfast Pizza
Fruit
Milk
Juice 12

Biscuit
Gravy
Sausage
Fruit
Milk/Juice 13

Pancakes
Bacon
Fruit
Milk
Juice 14

Bagels
Cream Cheese
Fruit
Milk/Juice 15

Yogurt
Toast
Fruit
Milk/Juice 18

French Toast
Sausage
Fruit
Milk/Juice 19

Breakfast Toast
Fruit
Milk
Juice 20

Breakfast Burrito
Salsa
Fruit
Milk/Juice 21

Cinnamon Rolls
Cheese Sticks
Fruit
Milk/Juice 22

Thanksgiving
Break 25

Thanksgiving
Break 26

Thanksgiving
Break 27

Thanksgiving
Break 28

Thanksgiving
Break 29

GOOD EATS AT

MAY ISD

SPECIAL ANNOUNCEMENTS

Breakfast
K-12 Price: 1.75
Reduced: .30
Extra Milk: .50
Extra Juice: .50
Adult Price: 2.25
Milk/Juice offered



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!



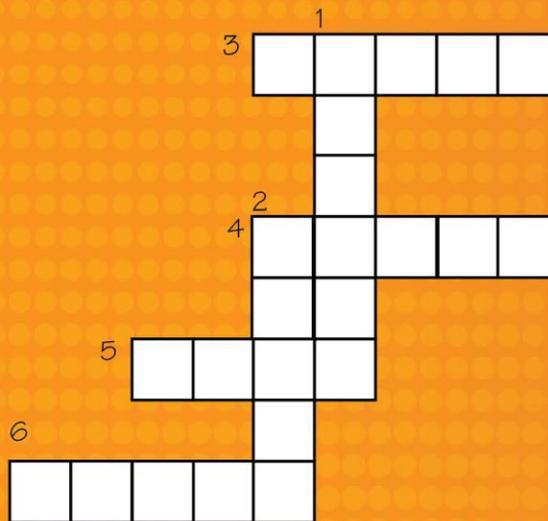
CORA CLEMENTINE

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

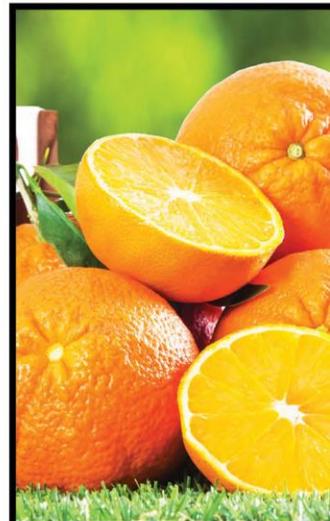


DOWN

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.