

NOVEMBER 2017

MON TUE WED THUR FRI

Good Eats at:

All Saints Catholic School
2006 N. Houston
Fort Worth, TX 76164
www.ascsfw.org

Special Announcements

LUNCH PRICES

Reduced \$0.40
Student \$3.50
Adult: \$4.00

A LA CARTE PRICES

Milk or Juice \$0.50
Ice Dog Slushie \$1.00



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

			Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fruit and Milk	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fruit Milk	Chicken Nuggets Mashed Potatoes Fresh Baby Carrots Fruit Milk
			1	2	3
Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit Milk	BBQ Sandwich Baked Beans Creamy Cole Slaw Fruit Milk	White Chicken Chili Cornbread Muffin Cherry Tomatoes Fruit Milk	Pepperoni Pizza Corn Salad Fruit Milk	STONE SOUP ALL ARE INVITED FOR A COMMUNITY LUNCH	
6	7	8	9	10	
Hot Dog on WG Bun Sweet Potato Fries Corn Fruit Milk	Crispy Beef Taco Lettuce & Tomato Rice Pinto Beans Fruit Milk	Corn Dog Green Beans Tater Tots Fruit Milk	Cheese Quesadilla Rice Refried Beans Fruit Milk	NOON DISMISSAL THANKSGIVING SPECIAL LUNCH	
13	14	15	16	17	
THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	THANKSGIVING BREAK NO SCHOOL	
20	21	22	23	24	
Hamburger on WG Bun Lettuce & Tomato Oven Fries Fruit Milk	Chili Red Bell Pepper Strips Sliced Cucumber Fruit Milk	Popcorn Chicken Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fruit Milk	Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Milk		
27	28	29	30		

11.23

Thanksgiving Day



Fun facts on back! ➔

LAUNCH PAD

CARROT GROWING REGIONS

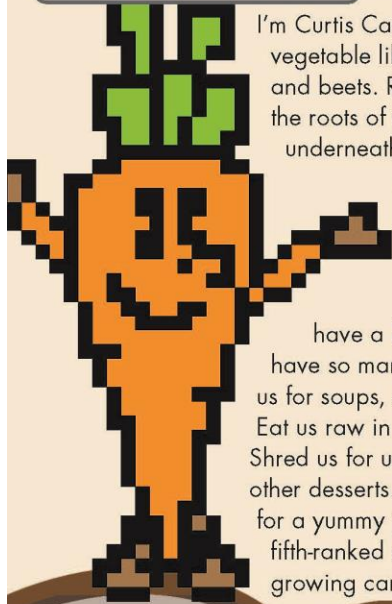
1. The High Plains
2. Winter Garden



The Wise WIZARD

Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.

CARROT



I'm Curtis Carrot. I am a root vegetable like potatoes, turnips and beets. Root vegetables are the roots of plants that grow underneath the ground. Above ground, I have a ferny, green head of hair. We are used a lot for cooking and we have a lot of vitamin A. We have so many uses. You can chop us for soups, casseroles and stews. Eat us raw in salads or with a dip. Shred us for use in carrot cake and other desserts. Or even blend us for a yummy juice. Texas is the fifth-ranked state in America for growing carrots.

Fun FACT

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of their royal family.

Find the 12 DIFFERENCES



Gingered CARROTS



INGREDIENTS

- 1 lb Fresh carrots, peeled
- 1/2 tsp Honey
- 1 Tbsp Lemon juice
- 2 tsp Dried parsley
- 2 Tbsp Margarine
- 1/8 tsp Ground ginger

PREPARATION

1. Cut carrots diagonally into thin slices.
2. Steam until tender.*
3. In a small mixing bowl, combine remaining ingredients; pour over carrots.
4. Serve immediately.
5. Portion with a No. 16 scoop or 1/4 cup.

* Various methods of steaming include using a double boiler, microwave or steamer. Time will vary according to the method used.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

