

NOVEMBER

2018



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Call me
CAPTAIN CARROTENE!

**GOOD
EATS AT**

**BREAKFAST
MENU SUBJECT TO
CHANGE WITHOUT
NOTICE**

**SPECIAL
ANNOUNCEMENTS**

Note: Beta Academy has a one-charge policy. This policy allows a scholar to charge one meal to their account. After which the parent will be notified of non-payment.

Breakfast: Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

This institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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			PEACH PANCAKE BOWL 1	BLUEBERRY BURST BAGEL 2
CINNAMON CHEX CEREAL 5	BUTTERMILK PANCAKES 6	CINNAMON RAISIN BAGEL 7	FRENCH TOAST STICKS 8	MULTIGRAIN CHEERIOS 9
VANILLA CINNAMON CRISP CEREAL 12	STRAWBERRY PANCAKE BOWL 13	WHOLE GRAIN CINNAMON CHEX 14	CHEESY BEAN BREAKFAST BURRITO 15	YOGURT 16
THANKSGIVING HOLIDAY 19	THANKSGIVING HOLIDAY 20	THANKSGIVING HOLIDAY 21	THANKSGIVING HOLIDAY 22	THANKSGIVING HOLIDAY 23
CINNAMON CHEX CEREAL 26	BREAKFAST ENCHILADA 27	WHOLE GRAIN CINNAMON CHEX 28	PEACH PANCAKE BOWL 29	BLUEBERRY BURST BAGEL 30

CAPTAIN CARROTENE

Carrot

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.



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:

- Preheat oven to 400°F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings) and spray with nonstick spray.
- Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
- Roast carrots in oven for 20-25 minutes, or until tender.
- 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.
- Sprinkle with sesame seeds.
- 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 vegetables favorite martial art?
A: Carroted!

Answers

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

Sources: Texas A&M and AgLife Extension