

NOVEMBER

Special Announcements



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U.S. DEPARTMENT OF AGRICULTURE
COMMUNICATIONS DIVISION

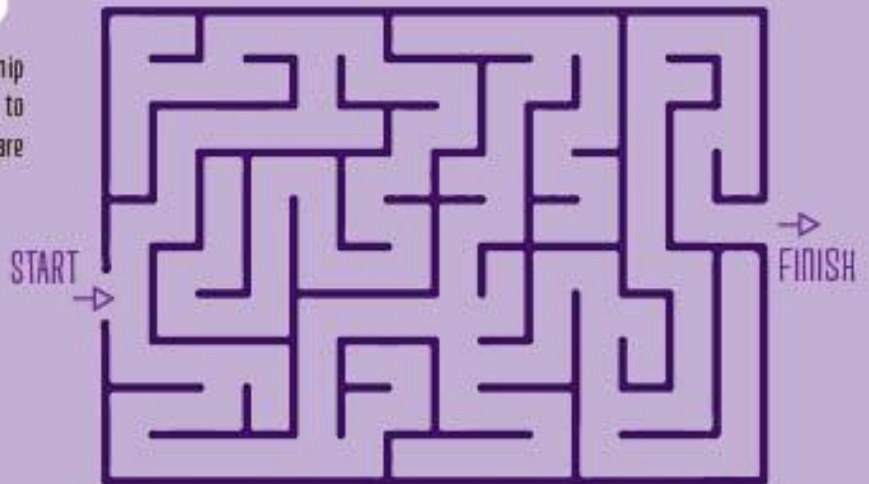
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Biscuits/Gravy/Sausage Cereal/Fruit/Milk/Juice</p> <p>Ham*Cheese Pretzel Sandwich Tomato cup Baby Carrots Celery/Ranch Chips/Fruit/Milk</p>	<p>2 Cinnamon Rolls/Yogurt Cereal/Fruit/Milk/Juice</p> <p>Chicken Alfredo Bread sticks Carrots Coins Garden salad/Ranch Fruit/Milk</p>	<p>3 Sausage,Egg Sandwich Cereal/Fruit/Milk/Juice</p> <p>Chicken Bowl Green Beans Rolls/Fruit/Milk</p>	<p>Breakfast Burritos Cereal/Fruit/Milk/Juice</p> <p>Fish Strips Coleslaw Pinto Beans Fruit/Milk</p>
<p>Sausage Biscuit Cereal/Fruit/Milk/Juice</p> <p>Taquitos*Queso Garden Salad/Ranch Refried Beans Fruit/Milk</p>	<p>Breakfast Strudel Cereal/Fruit/Milk/Juice</p> <p>Corn Dogs Bake Beans Broccoli Salad Fruit/Milk</p>	<p>4 Kolache/Yogurt Cereal/Fruit/Milk/Juice</p> <p>Turkey/Dressing/Gravy Seasoned Green Beans Cranberry sauce/Rolls Snowball Salad/Milk</p>	<p>5 Pancake on a stick Cereal/Fruit/Milk/Juice</p> <p>Chicken Nuggets Mac*Cheese Steamed Broccoli Fruit/Milk</p>	<p>Dutch Waffles/Yogurt Cereal/Fruit/Milk/Juice</p> <p>Cheeseburgers Baby Carrots/Ranch Celery Chips/Fruit/Milk</p>
<p>6 SausageKolache/Yogurt Cereal/Fruit/Milk/Juice</p> <p>Meatloaf /Gravy Mashed Potatoes Green Beans Rolls/Fruit/Milk</p>	<p>15 Breakfast Strudels Cereal/Fruit/Milk/Juice</p> <p>French Bread Pizza Baby Carrots/Ranch Seasoned Corn Fruit/Milk</p>	<p>7 Breakfast Pizza Cereal/Fruit/Milk/Juice</p> <p>Meat*Cheese Tostadas Refried Beans Garden Salad/Ranch Fruit/Milk</p>	<p>17 French Toast sticks/Sausage Cereal/Fruit/Milk/Juice</p> <p>Frito Pie Garden Salad/Ranch Baby Carrots Fruit/Milk</p>	<p>18 Cinnamon Rolls/Bacon Cereal/Fruit/Milk/Juice</p> <p>Chicken Sandwich Tater Tots Broccoli Bites/Ranch Fruit/Milk</p>
<p>21 Pancakes/Bacon Cereal/Fruit/Milk/Juice</p> <p>Stuffed Baked Potato Garden Salad/Ranch Rolls/Fruit/Milk</p>	<p>19 Cheesy Toast/Sausage Cereal/Fruit/Milk/Juice</p> <p>Grilled Cheese Sandwich Chicken noodle Soup Tomato Cup/Ranch Fruit/Milk/Lime Sherbet</p>	<p>23 HOLIDAY</p>	<p>24</p> <p>THANKSGIVING DAY</p>	<p>25 HOLIDAY</p>
<p>28 Pancake on a Stick Cereal/Fruit/Milk/Juice</p> <p>Chicken Nuggets Mashed Potatoes/Gravy Tuscan Veggies Rolls/Fruit/Milk</p>	<p>29 Chicken/Biscuit Cereal/Fruit/Milk/Juice</p> <p>Asian Bowl/Eggroll Steamed Broccoli Baby Carrots/Ranch Fruit/Milk</p>	<p>30 French Toast sticks/Sausage Cereal/Fruit/Milk/Juice</p> <p>Chicken Fajitas Onion*Pepper Blend Spanish Rice Refried Beans Salsa/Fruit/Milk</p>	<p>Good Eats At:</p>	

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



Joke of the Month

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

see answer below.



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



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