

My Name is  
**CORA CLEMENTINE**

# NOVEMBER

2019

TDA's November 2019 Menu Calendar



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

Chocolate Chip Bread><\*  
Apple  
Milk  
4

Cinnamon Apple Loaf><\*  
Grapefruit  
Dried Fruit  
Milk  
5

Biscuit\*>  
Chicken Patty\*  
Pear  
Milk  
6

Cinnamon Apple Spiced Pancake\*><  
Turkey Bacon  
Orange  
Syrup  
Milk  
7

Egg Patty><  
Breakfast Muffin\*  
Mixed Fruit  
Milk  
1

Breakfast Taquito ><\*  
Apple  
Milk  
11

Orange Dream Bread><\*  
Banana  
Dried Fruit  
Milk  
12

Biscuit\*>  
Scrambled Eggs  
Pear  
Milk  
13

Pancake><\*  
Turkey Bacon  
Orange  
Syrup  
Milk  
14

Scrambled Eggs  
Tacos<\*>  
Mixed Fruit  
Milk  
8

Breakfast Frittata><  
Toast\*>  
Apple  
Milk  
18

Cinna'Bagel\*  
Sunshine Fruit^  
Milk  
19

Biscuit\*>  
Turkey Sausage Patty  
Pear  
Milk  
20

Maple Bacon Pancakes><\*  
Turkey Bacon  
Orange  
Syrup  
Milk  
21

Sweet or Savory Grits>  
Mixed Fruit  
Milk  
15

No School ☺  
25

No School ☺  
26

No School ☺  
27

No School ☺  
28

No School ☺  
29

## GOOD EATS AT

Breakfast

Menu Items are subject to change based on costs and availability

## SPECIAL ANNOUNCEMENTS

Students with Food Allergies **MUST** have doctors documentation provided to nurse and kitchen staff

- > Dairy
- < Egg
- \* Gluten
- + Mushroom
- ~ Corn
- ^ Pineapple

Questions? Contact

[kimberlywilson@austin.utexas.edu](mailto:kimberlywilson@austin.utexas.edu)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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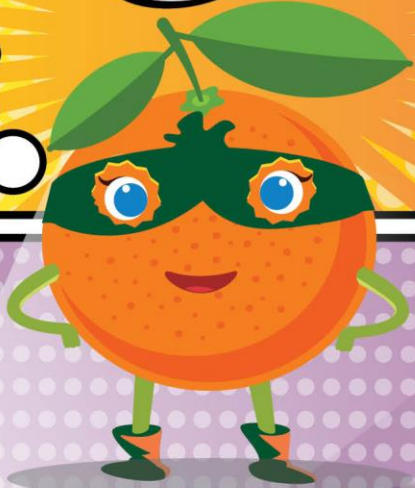


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**M**                      **T**                      **W**                      **TH**                      **F**

Beef Lasagna  
Bake\*>  
Cauliflower  
Pear  
Milk  
**4**

Bean & Cheese  
Taquito\*>  
Spanish Rice  
Corn and Peas  
Orange  
Milk  
**5**

Sweet-N-Sour  
Chicken  
Chow Mein\*  
Broccoli Floret  
Apple  
Milk  
**6**

BBQ Pork  
Sandwich\*  
Coleslaw  
Fiesta Beans  
Banana  
Milk  
**7**

**FIELD DAY**  
PBJ'amwich\*  
Pickle  
Cheese Stick\*  
Applesauce  
Milk  
**1**

Chicken Tikka  
Masala>  
Rice  
Green Beans  
Pear  
Milk  
**11**

Carne Guisada con  
Papas Taco\*  
Charro Beans  
Apple  
Milk  
**12**

Beef Hamburger\*  
Lettuce and  
Tomato  
Mashed Potatoes>  
Orange  
Milk  
**13**

Chick'Penne\*>  
Carrot Coins  
Grapes  
Milk  
**14**

Beef & Garlic Herb  
Italian Flatbread  
Garden Caesar>  
Salad  
Mixed Fruit  
Milk  
**8**

Fish sticks\*  
Mac-N-Cheese\*>  
Broccoli with  
Carrots  
Pear  
Milk  
**18**

Chicken Taco\*  
Lettuce and Pico de  
Gallo  
BBQ beans  
Apple  
Milk  
**19**

Beef Fried Rice  
Corn  
Orange  
Milk  
**20**

Turkey with Gravy  
over Cornbread\*\*  
Stuffing\*  
Green Beans  
Cranberry Sauce  
Wheat Roll\*>  
Milk  
**21**

Cheese Pizza\*>  
Chef Salad with  
Ranch Dressing>  
Mixed Fruit  
Milk  
**15**

No School ☺  
**25**

No School ☺  
**26**

No School ☺  
**27**

No School ☺  
**28**

No School ☺  
**29**

**GOOD  
EATS AT**

**Lunch**

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and availability*

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ANNOUNCEMENTS**

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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!



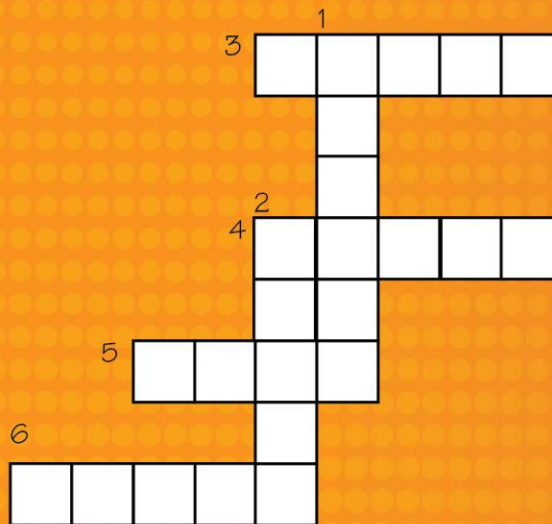
## CORA CLEMENTINE

## 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.