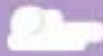


NOVEMBER

Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
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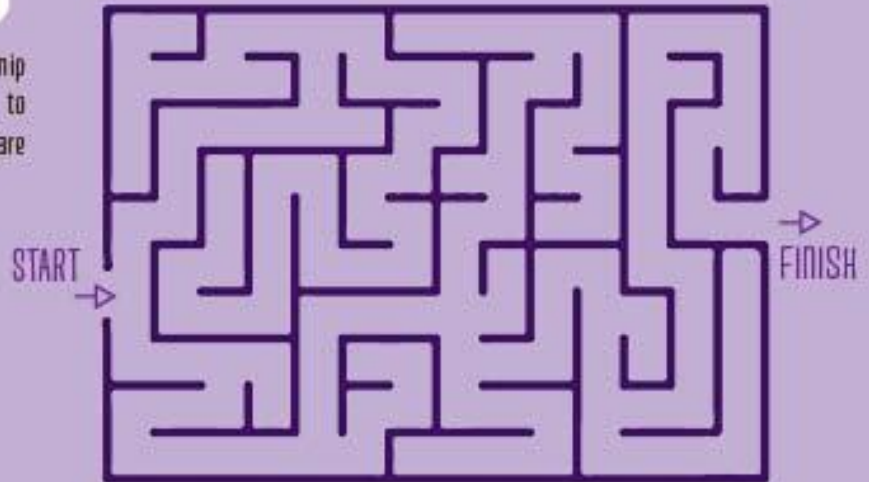
	1 Cheese Omelet Wrap or Cereal w/Toast Juice, Fruit Choice Milk Variety	2 Breakfast Pizza or Cereal w/ Toast Fruit Fruit Juice Milk Variety	3 French Toast Stick w/Sausage Or Cereal w/Toast Fruit Fruit juice Milk Variety	4 Cinnamon Roll Bacon or Cereal Variety Fruit Fruit juice Milk Variety
7 Pancakes w/ Bacon Cereal w/ Toast Juice Fruit Choice Milk Variety	8 Sunrise sandwich Or Cereal w/toast Fruit Fruit Juice Milk Variety	9 Biscuit and Gravy Scrambled Eggs Sausage Fruit Fruit Juice Milk Variety	10 Breakfast Strudel Yogurt Fruit Fruit juice Milk Variety	11 Breakfast Burrito Or Cereal Variety Fruit Fruit juice Milk Variety
14 Kolache w/Yogurt or Cereal w/ Toast Juice , Fruit Choice Milk Choice	15 Cheese Omelet Wrap or Cereal w/Toast Juice, Fruit Choice Milk Variety	16 Breakfast Pizza or Cereal w/ Toast Fruit Fruit Juice Milk Variety	17 French Toast Stick w/Sausage Or Cereal w/Toast Fruit Fruit juice Milk Variety	18 Cinnamon Roll Bacon or Cereal Variety Fruit Fruit juice Milk Variety
21 Pancakes w/ Bacon Cereal w/ Toast Juice Fruit Choice Milk Variety	22 Sunrise sandwich Or Cereal w/toast Fruit Fruit Juice Milk Variety	23 Out	24 Happy Thanksgiving THANKSGIVING DAY	25 Out
28 Kolache w/Yogurt or Cereal w/ Toast Juice , Fruit Choice Milk Choice	29 Cheese Omelet Wrap or Cereal w/Toast Juice, Fruit Choice Milk Variety	30 Breakfast Pizza or Cereal w/ Toast Fruit Fruit Juice Milk Variety	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Good Eats At:</p> <p>Zephyr I S D</p> </div>	

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



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

Joke of the Month

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

see answer below.



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