



NOVEMBER

2020

Callier Child Development



m

B-KIX Cereal, WG Toast, jelly,
Oranges, butter, Milk
L-Cheese Pizza, Carrots,
Peaches, Milk
S-Graham Crackers

2.

t

B-Turkey Sausage, WG Toast,
butter, Applesauce, jelly, Milk
L-BBQ Chicken Sandwich, Pinto
Beans, Mixed Fruit, Milk
S-Cheese Sticks w/crackers

3.

w

B-Cheerios, WG Toast, butter,
Mango, jelly, Milk
L-Hamburger, Tater Tots,
Pineapple, Roll, Milk
S-Cucumbers w/ranch

4.

th

B-Turkey Sausage, WG Pancake,
syrup, Baked Apples, Milk
L-Sweet + Sour Chicken, steamed
Broccoli, fresh Pears, Roll, Milk
S-Cheese Nips

5.

f

B-Cinnamon Toast, Banana,
Milk
L-Toasted Cheese, Green
Beans, Mixed Fruit, Milk
S-Oranges

6.

B-Corn Chex, WG Toast, butter,
Oranges, Milk
L-Meat Loaf, Carrots,
Mixed Fruit, Roll, Milk
S-Goldfish

9.

B-Cheese, WG Toast, butter,
Apple, Milk
L-Chicken Fajitas, Black
Beans, Pineapple, Milk
S-Broccoli w/ranch

10.

B-Cheerios, WG Toast, butter,
Mango, Milk
L-Meatballs w/gravy, Mash
Potatoes, Peaches, Roll, Milk
S-Fresh Pears

11.

B-Turkey Sausage, Pancake,
syrup, Baked Apples, Milk
S-Fish Shapes, Sweet Potato
fries, ketchup, Oranges, Roll
Milk, S- Yogurt

12.

B-Egg Patty, WG Toast, butter,
Banana, jelly, Milk
L-Turkey Taco Burger, Green
Beans, Apricots, Milk
S-Teddy Grahams

13.

B-Corn Chex, WG Toast, butter,
Oranges, jelly, Milk
L-Toasted Cheese, steamed
Broccoli, Applesauce, Milk
S-Animal Crackers

16.

B-Turkey Sausage, Pancake,
butter, syrup, Mangos, Milk
L-Sloppy Joe on Bun, Mash
Potatoes, fresh Pears, Milk
S-Cheddar Chex Mix

17.

B-KIX Cereal, WG Toast,
Apples, jelly, butter, Milk
L-Roasted Chicken, Black Eye
Peas, Peaches, Roll, Milk
S- Cauliflower w/ranch

18.

B-Turkey Sausage, Toast, jelly,
Milk, Pineapple, Milk
L-Beef Spaghetti, Green
Beans, Mixed Fruit, Roll, Milk
S-Oranges

19.

B-WG Blueberry Muffin, Banana,
butter, Milk
L-BBQ Chicken on Bun, Sweet
Potato fries, Apricots, Milk
S- Cheese Stick w/Crackers

20.

B-KIX Cereal, WG Toast,
Oranges, jelly, butter, Milk
L-Beef Soft Taco, Corn, Mixed
Fruit, Milk
S-Goldfish

23.

B-Cheese, Toast, Mangos, jelly,
butter, Milk
L-Chicken Fajitas, Black Beans,
Pineapple, Milk
S-Graham Crackers

24.

B- Cinnamon Toast, Apples,
jelly, Milk
L-Turkey & Cheese Sub, Pears,
raw Broccoli w/ ranch, Milk
S-Cheddar Chex Mix

25.

THANKSGIVING HOLIDAY
CALLIER CLOSED

26.

THANKSGIVING HOLIDAY
CALLIER CLOSED

27.

B- Cheerios, Toast, Apples,
jelly, butter, Milk
L-Cheese Pizza, Steamed
Broccoli, Peaches, Milk
S-Graham Crackers

30.

Special Announcements:

Veggie Chicken nuggets, Shredded Chicken and Wings will be substituted for Chicken and Fish, Veggie Patties, Taco mix and Crumbles will be substituted for Beef items. All Grains are whole grains, Canned Fruit is drained, Vegetables are steamed, Milk Choices are: Whole, Fat-Free and Skim



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



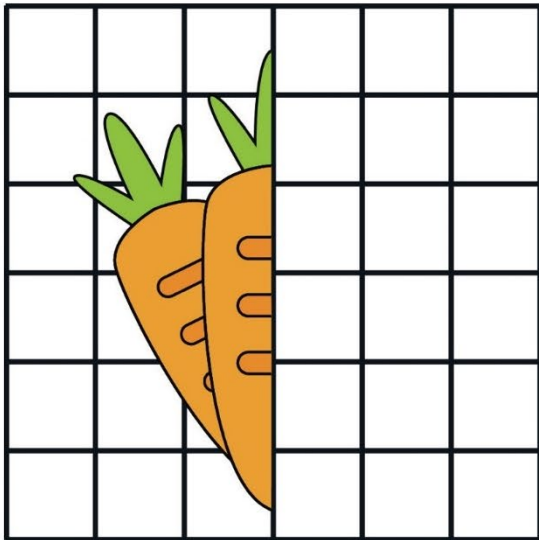
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www.SquareMeals.org

COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.



COMPLETE THE DRAWING



DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

