NOVEMBER

Special Announcements

Valley ISD is an Offer vs Serve facility meaning that each student is required to take 3 of the 5 food components.
Meat/Meat Alternate
Grain
Vegetable
Fruit
Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Ham & Chz Tomato/Cucumber Cup Salad and Chips Snowball Salad Mil kVariety	2 Chicken Alfredo Tuscan Veggies Breadstick/Carrots Fruit/Cookie Milk Variety	3 Fish Sticks Coleslaw Pinto Beans Texas Toast Fruit Milk Variety	4 Philly Cheese Steak On a Hoagie Bun Potato Rounds Green Beans Fruit Milk Variety
7 Chicken Enchilada Charro Beans Garden Salad Hot Cinnamon Apples Milk Variety	8 Chili Cheese Combo Fresh Veggie Cup Fresh Fruit Chocolate Pudding Milk Variety	9 Fiesta Bowl Garden Salad Salsa Fruit Cup Milk Variety	10 Chicken Nuggets Mac&Cheese Green Beans Broccoli Fruit Milk Variety	11 Sack Lunches
14 Steak Fingers Mashed Potatoes Green Beans Strawberry Cup Roll Milk Variety	15 Meat/Chz Tostadas Zesty Cucumbers Refried Beans Lettuce/Tomato Salsa Milk Variety	16 Pizza Garden Salad Veg. Melody Orange Smiles Milk Variety	17 Thanksgiving Meal	18 Chicken Strips Sweet Potato Fries Gravy/Texas Toast Coleslaw Apple Slices Milk Variety
21 Corn Dog Tater Tots Baked Beans Broccoli Apple Pineapple Milk Variety	22 Sack Lunches	23 Have A Happy Thanksgiving!!!	24 THANKSGIVING DAY	25
28 Chicken Nuggets Mashed Potatoes Roll Salad/Veggies Fresh Fruit Milk Variety	29 Asian Bowl/Egg Roll Steamed Broccoli Carrots Pineapple Cookie Milk Variety	30 Tex-Mex Stack Lettuce Tomato Refried Beans Salsa Sliced Apples Milk Variety		

Good Eats At:

VALLEY SCHOOL LUNCH MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Biscuit/Gravy Scrambled Eggs Juice/Fruit Milk Variety	2 Cinnamon Roll Sausage Juice Milk Variety	3 Sausage,Egg, and Cheese Sandwich Juice Fruit Milk Variety	4 Breakfast Burrito Hash Browns Fruit Juice Milk Variety
7 Sausage Biscuit OR Yogurt Parfait Juice Milk Variety	8 Breakfast Boat OR Cereal and Toast Juice Milk Variety	9 French Toast Bacon Fruit Juice Milk Variety	10 Pancake On A Stick Fruit Juice Milk Variety	11 Waffles/Bacon OR Cereal and Toast Fruit Juice Milk Variety
14 Sausage Kolache OR Cereal and Toast Yogurt/Fruit Juice Milk Variety	15 Cheese Omelet Wrap OR Cereal and Toast Fruit Juice Milk Variety	16 Breakfast Pizza OR Cereal and Toast Fruit Juice Milk Variety	17 Waffles Sausage Juice Fruit Milk Variety	18 Cinnamon Roll and Bacon Juice Milk Variety
21 Pancake Bacon Fruit Juice Milk Variety	22 Sunrise Sandwich OR Cereal and Toast Juice Fruit Milk Variety	23 Have A Happy Thanksgiving!	24 THANKSGIVING DAY	25
28 Pancake Wrap Yogurt Fruit Juice Milk Varity	29 Sausage and Biscuit OR Cereal and Milk Fruit Juice Milk Variety	30 French Toast Sausage Fruit Juice Milk Variety		

Good Eats At:

Valley School

Turnips

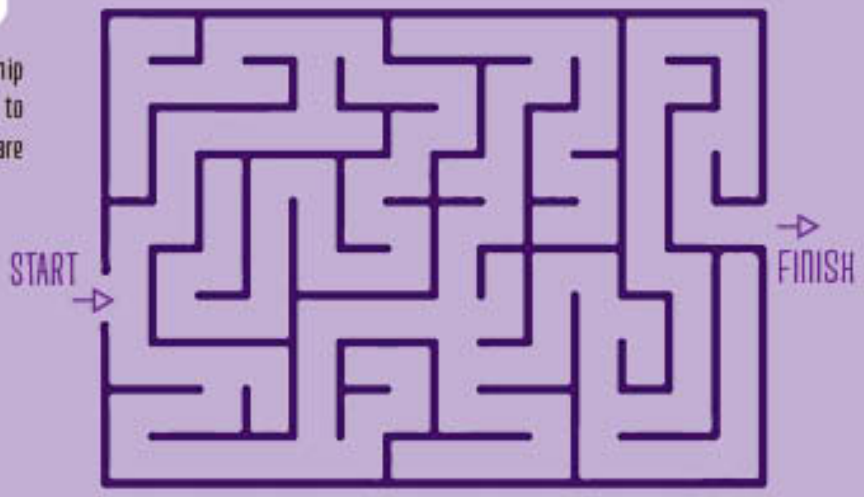
Turnips are root vegetables with dark green tops called turnip greens. When the tops of these white roots are exposed to sunlight, they turn purple. Although both parts of the turnip are edible, the green tops are more nutritious.

Growing Region: East Texas

Growing Months: March through November

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

Activities



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

A: Don't worry, he will turnip.

This product was funded by USDA. This institution is an equal opportunity provider.