

# NOVEMBER

2020

MAY ISD

<p><b>NO SCHOOL</b></p> <p>2.</p>	<p><b>Breakfast Pizza</b> Fruit Milk Juice</p> <p>3.</p>	<p><b>French Toast</b> Sausage Fruit Milk/Juice</p> <p>4.</p>	<p><b>Breakfast Burrito</b> Salsa Fruit Milk/Juice</p> <p>5.</p>	<p><b>Cinnamon Rolls</b> Cheese Sticks Fruit Milk/Juice</p> <p>6.</p>
<p><b>Yogurt</b> Toast Fruit Milk/Juice</p> <p>9.</p>	<p><b>Scrambled Eggs</b> Bacon Toast Milk/Juice</p> <p>10.</p>	<p><b>Waffles</b> Sausage/Cheese Stick Fruit Milk/Juice</p> <p>11.</p>	<p><b>Breakfast Toast</b> Fruit Milk Juice</p> <p>12.</p>	<p><b>Donuts</b> Cheese Sticks Fruit Milk/Juice</p> <p>13.</p>
<p><b>Pancake on Stick</b> Fruit Milk Juice</p> <p>16.</p>	<p><b>Bagels</b> Fruit Milk Juice</p> <p>17.</p>	<p><b>Chicken Biscuit</b> Fruit Milk Juice</p> <p>18.</p>	<p><b>Morning Rolls</b> Fruit Milk Juice</p> <p>19.</p>	<p><b>Muffins</b> Cheese Stick Fruit Milk/Juice</p> <p>20.</p>
<p><b>THANKSGIVING BREAK</b></p> <p>23.</p>	<p><b>THANKSGIVING BREAK</b></p> <p>24.</p>	<p><b>THANKSGIVING BREAK</b></p> <p>25.</p>	<p><b>THANKSGIVING BREAK</b></p> <p>26.</p>	<p><b>THANKSGIVING BREAK</b></p> <p>27.</p>
<p><b>Breakfast Pizza</b> Fruit Milk Juice</p> <p>30.</p>	<p><b>Special Announcements:</b></p> <p>Free Breakfast from November 1<sup>st</sup> 2020 till May 27<sup>th</sup> 2021 for all students                  Adults 2.25 Extra Milk .50, Extra Juice .50                  Menu subject to change due to deliveries</p>			

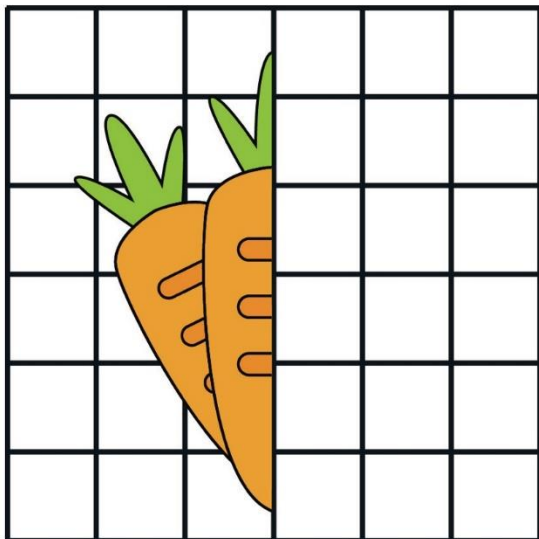




# COMET CARROTS

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.

