



# NOVEMBER

2020

ROBERT LEE ISD



m

Cereal Variety and Toast  
Philly Cheesesteak Sandwich,  
mashed potatoes, Tomato cup,  
peaches, pudding  
CM-161 2.

t

Breakfast Combo  
Spaghetti Bowl , Garden Salad ,  
California Blend Vegetables,  
Fruit Cup , Breadstick  
BRK-103 CM-182 CM-136 3.

w

Chicken-n-Waffles  
Boneless Chicken Wings, Celery  
Sticks, Carrots , Multigrain  
Chips , Strawberries & Bananas  
CM-185 4.

th

Pancakes and Sausage  
Quesadilla, Corn, refried beans,  
Salsa, Fresh Seasonal Fruit,  
CM-168 5.

f

Funnel Cake and Bacon  
Popcorn Chicken, Vegetable  
Medley , mashed potatoes,  
Pears, Roll, Cake  
CM-122 6.

9.

Cereal Variety and Toast  
Oven Roasted Chicken, Savory  
Green Beans , Tomato Cup,  
Fruit Cup ,Roll  
CM-178 CM-136

10.

pbj  
Chicken Tortilla Soup,  
Cucumbers, Apricots,  
Cornbread, Ice cream cup

11.

Muffin and Yogurt  
Grilled Chicken Sandwich,  
Oven Fries , Fresh Veggie Cup ,  
Fruity Gelatin  
CM-118 CM-133 CM-137

12.

Pancake Wrap and Yogurt  
Asian Bowl ( meat , rice, egg roll),  
Crunchy Broccoli Salad,  
Mandarin Oranges  
CM-102

13.

Cinnamon Roll and Sausage  
Cheese Pizza, Carrots, Garden  
Salad, Fresh Seasonal Fruit,  
crispy treat  
CM-126

16.

Pancakes and Bacon  
Hamburger , Oven Fries ,  
Cucumbers, Strawberries  
CM-141

17.

Cheesy Toast and Sausage  
Chicken Fajitas , refried beans,  
glazed carrots, salsa, hot  
cinnamon apples, sherbet cup

18.

Breakfast Pizza  
Pizza Pocket , Tuscan  
Vegetables , Garden Salad,  
Marinara sauce , peaches, cake  
CM-192 CM-175

19.

Oatmeal and Cinnamon Toast  
Thanksgiving Meal

20.

Cereal Variety and Toast  
Popcorn chicken, mashed  
potatoes, green beans, apple  
slices, Roll  
CM-178

23.

Sausage Kolache and Yogurt  
Taquitos, Queso , refried  
beans, corn , salsa, seasonal  
fruit, Crispy Treat  
CM-126

24.

Cereal and toast  
Pepperoni Pizza, Corn, salad,  
mixed fruit

25.

Thanksgiving Break

26.

Thanksgiving Break

27.

Thanksgiving Break

30.

Cereal Variety and Toast  
Breaded Drumstick, Sweet  
Potatoes , Corn, Grapes, Biscuit

## Special Announcements:



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



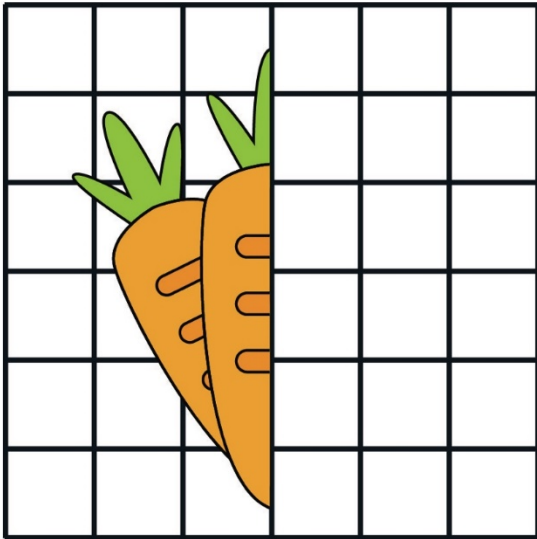
Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)



# 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.

