



# NOVEMBER

2020

Odem – Edroy ISD Middle , High School  
Lunch Menu



**m**

Chicken Strip  
Steak Finger  
Mashed Potato / Gravy  
Steam Broccoli & Hot Roll  
Baby Carrots / Dressing & Fruit  
1 % White Milk & Fat Free Chocolate **2.**

**t**

Spaghetti / Meat Sauce  
Teriyaki Chicken  
Fried Rice & Egg Roll  
Steam Carrots & Hot Roll  
Fruit  
1% White Milk & Fat Free Chocolate **3.**

**w**

Beef Enchiladas  
Frio Pie / Shredded Cheese  
Pinto Beans  
Spanish Rice & Fruit  
Spinach Salad / Dressing  
1 % White Milk & Fat Free Chocolate **4.**

**th**

Baked Chicken  
Salisbury Steak / Brown Gravy  
Mashed Potato / Gravy  
Green Beans & Roll & Fruit  
1 % White Milk  
Fat Free Chocolate **5.**

**f**

Chili Dog  
Cheese Burger  
Baked Tots  
Baked Beans & Fruit & Cookie  
1% White Milk  
Fat Free Chocolate Milk **6.**

Hamburger  
Chicken Patty Burger  
Baked Beans  
Baked Fries & Burger salad  
Fruit  
1 % White Milk & Fat Free Chocolate **9.**

Chicken Nuggets  
Steak Finger  
Mashed Potato / Gravy  
Hot Roll & Fruit  
1 % White Milk  
Fat Free Chocolate Milk **10.**

Turkey & Dressing  
Baked Chicken  
Green Beans & Hot Roll  
Yams & Fruit Salad  
1 % White Milk & Fat Free Chocolate **11.**

Nacho Supreme  
Chalupas  
Spanish Macaroni  
Romaine & Diced Tomato  
Fruit  
1 % White Milk & Fat Free Chocolate **12.**

Pepperoni Pizza  
Hamburger  
Seasoned Corn  
Baby Carrots / Dressing  
Fruit  
1 % White Milk & Fat Free Chocolate **13.**

Chili Dog  
Cheese Burger  
Baked Fries  
BBQ Beans  
Baby Carrots / Dressing  
1 % White Milk & Fat Free Chocolate **16.**

Chicken Alfredo  
Lasagna  
Steam Carrots & Spinach Salad  
Roll & Fruit  
1 % White Milk  
Fat Free Chocolate **17.**

Beef Tacos  
Chicken Fajita Taco  
Spanish Rice & Pinto Beans  
Romaine & Diced Tomato  
Shredded Cheese & Fruit  
1% White Milk & Fat Free Chocolate **18.**

Vegetable Soup  
Grilled Cheese  
Hot Hoagie  
Corn Chips & Cucumber / Dressing  
Fruit  
1 % White Milk & Fat Free Chocolate **19.**

Hot Hoagie  
Pork Rib Sub  
Baked Tots & Celery Stick  
Baked Beans & Fruit  
1% White Milk  
Fat Free Chocolate **20.**

**23.**

**24.**

Happy Thanksgiving  
**25.**

**26.**

**27.**

Hamburger  
Chicken Patty Burger  
Baked Beans  
Baked Fries & Burger Salad  
Fruit  
1 % White Milk & Fat Free Chocolate **30.**

### Special Announcements:

\*\* Menu Subject to Change \*\* Owl Daily Choices  
1.Hot Meal 2. 2<sup>nd</sup> Choice 3. Chef Salad 4. Baked Potato  
The requires students to select a fruit or vegetable as part of their meal. Milk variety available daily:1% White Milk, Fat Free Chocolate

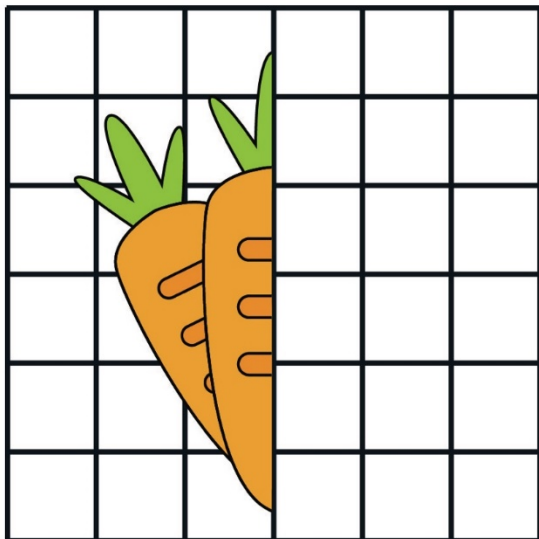




# COMET CARROTS

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.

