

# NOVEMBER

2020



<p><b>NO SCHOOL</b></p> <p>2.</p>	<p><b>m</b></p> <p>Nacho's Refried Beans Spanish Rice Fruit Milk/Juice</p> <p>3.</p>	<p><b>t</b></p> <p>Popcorn Chicken Tater Tots Corn Fruit Milk/Juice</p> <p>4.</p>	<p><b>w</b></p> <p>Lasagna Roll up Green Beans Garlic Bread Fruit Milk/Juice</p> <p>5.</p>	<p><b>th</b></p> <p>Cheese Burger French Fries Cooked Carrots Fruit Milk/Juice</p> <p>6.</p>
<p>Meatball Subs Chips Green Beans Fruit Milk/Juice</p> <p>9.</p>	<p><b>f</b></p> <p>Taco's Refried Beans Spanish Rice Fruit Milk/Juice</p> <p>10.</p>	<p>Corn Dogs French Fries Baked Beans Fruit Milk/Juice</p> <p>11.</p>	<p>Pizza Corn Veggie Sticks Fruit Milk/Juice</p> <p>12.</p>	<p>Chicken on Bun Chips Cooked Carrots Fruit Milk/Juice</p> <p>13.</p>
<p>Steak Fingers Potato Wedges Baked Beans Fruit Milk/Juice</p> <p>16.</p>	<p>Chicken Fajitas Refried Beans Spanish Rice Fruit Milk/Juice</p> <p>17.</p>	<p>Frito Pie Peas Broccoli/Carrots Fruit Milk/Juice</p> <p>18.</p>	<p>Ham/Turkey Dressing Mashed Potato/Green Beans Fruit Milk/Juice</p> <p>19.</p>	<p>PBJ Ham Cheese Sandwich Chips Broccoli/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>Chicken Nuggets French Fries Cooked Carrots Fruit Milk/Juice</p> <p>30.</p>	<p><b>Special Announcements:</b></p> <p>Free lunches from Nov 3<sup>rd</sup> 2020 till May 27, 2021 for all students          Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal.          Menu is subject to change due to deliveries. Salad served Daily.</p>			

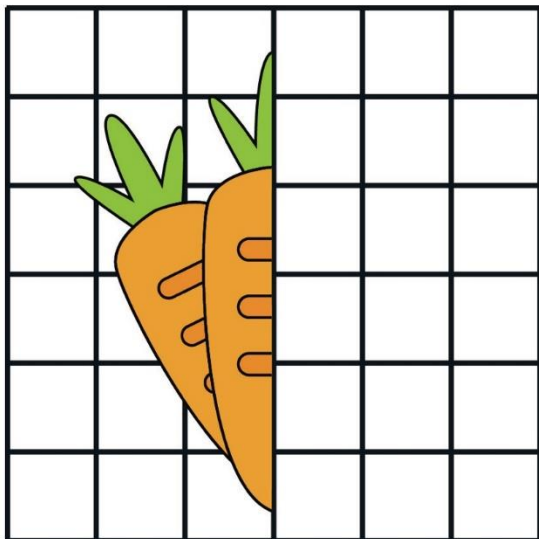




# COMET CARROTS

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.

