



# NOVEMBER

2020

GANADO ISD



Breakfast bars

Frito pie, pinto beans

Tossed salad ,Raisins  
2.

m

Cinnamon Toast

Hamburger, tater tots

Burger salad, pears  
w/cherries  
3.

t

Breakfast pizza

Fish stix's mac-n-  
cheese, baked beans  
Mandarin oranges  
4.

w

French toast sticks

Hot dogs, sweet  
potato tots,pickle  
spear,fresh fruit  
5.

th

Donut

Pepperoni pizza, corn  
Carrots w/ ranch  
pineapple  
6.

f

Sausage & egg biscuit

Cheese enchilada's

Spanish rice, pinto  
beans, blushing pears  
9.

Pancakes

Cheese burger, tater  
tots, burger salad  
10.

Apple sauce

Muffin

Turkey&Dressing ,sweet  
potatoe's ,green beans  
Roll, cranberry sauce  
11.

Pb&j sandwich

Chicken nuggets,  
mashed potato ,green  
beans,roll ,peaches  
12.

Honey bun

Cheese pizza, corn  
Carrots w/ranch, fresh  
fruit  
13.

Bacon scramble pizza

Meat spaghetti,  
broccoli, salad,garlic  
bread, apple crisp  
16.

French toast sticks

Hamburger, tater tots  
Burger salad, apples  
17.

Breakfast burrito

Chicken crispito,ranch  
style beans, carrots  
w/ranch, fruit salad  
18.

Breakfast bars

Ham & cheese casserole  
Broccoli, dinner roll  
Oranges  
19.

Donut

Grilled cheese, baked  
beans, pickle spear  
Fruit cocktail  
20.

Thanksgiving

23.

Holiday

24.

Thanksgiving

25.

Thanksgiving

Holiday

27.

Pig-n-blanket

Bean chalupa's,  
tossed salad,refried  
beans,tropical fruit  
30.

Special Announcements:

Thanksgiving Holiday 23<sup>rd</sup> through 27<sup>th</sup>. Early release November 6<sup>th</sup>.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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National School Lunch Program and School Breakfast Program

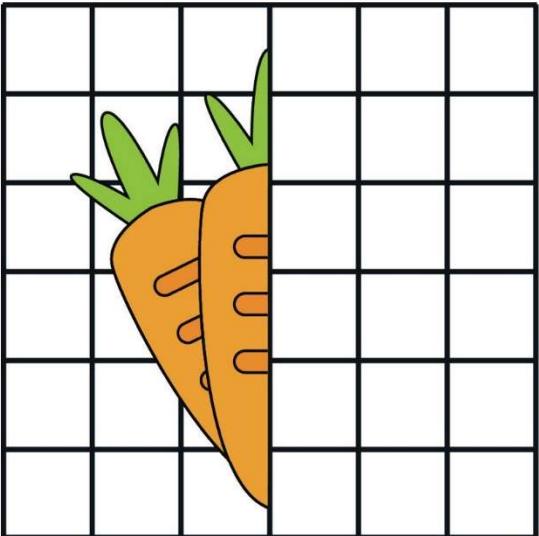


Updated 01/2020  
www.SquareMeals.org

# 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.



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