



NOVEMBER

2020

Prairie Valley



FLEX MONDAY

Breakfast : Cereal Bar
Lunch: Sandwich

2.

Breakfast:

Breakfast Sandwich

Lunch:

French Bread Pizza

3.

Breakfast:

Pancake on a Stick

Lunch:

Boneless Chicken Wings

4.

Breakfast:

Waffles

Lunch:

Popcorn Chicken

5.

Breakfast:

Breakfast Bread

Lunch:

Quesadillas

6.

FLEX MONDAY

Breakfast : Cereal Bar
Lunch: Sandwich

9.

Breakfast :

Mini Pancakes

Lunch:

Pizza

10.

Breakfast:

Pigs in a Blanket

Lunch:

Nacho Grande

11.

Breakfast:

Breakfast Crackers & Yogurt

Lunch:

Hamburger Steak

12.

Breakfast:

French Toast

Lunch:

Burrito

13.

FLEX MONDAY

Breakfast : Cereal Bar
Lunch: Sandwich

16.

Breakfast:

Muffins

Lunch:

Chicken Nuggets

17.

Breakfast:

Pancake on a Stick

Lunch:

Pizza

18.

Breakfast:

Nutrigrain Bar

Lunch:

Thanksgiving Dinner

19.

Breakfast:

Cereal Bar

Lunch:

Cheeseburger

20.

NO SCHOOL

23.

NO SCHOOL

24.

NO SCHOOL

25.

NO SCHOOL

26.

NO SCHOOL

27.

FLEX MONDAY

Breakfast : Cereal Bar
Lunch: Sandwich

30.

Special Announcements:

Breakfast includes: fruit, juice and /or milk

Lunch includes: Choice of Vegetables, fruit, and milk

Prices: Breakfast: Students are free Adults \$2.75 Lunch: Reduced 0.40 Paid \$2.85



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



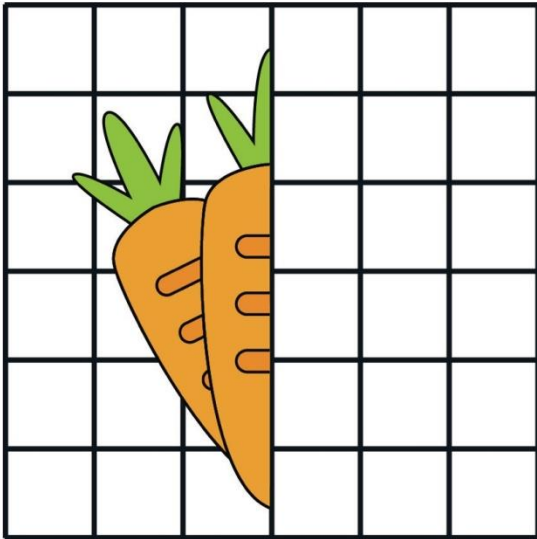
Updated 01/2020
www.SquareMeals.org



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.

