

# November 2024 |


# EZZELL



### Announcements:

CEREAL, MILK, FRUIT AND JUICE SERVED WITH BREAKFAST

FRUIT AND MILK SERVED WITH LUNCH

REMEMBER TO TAKE THREE ITEMS  
 ONE OF THEM NEEDS TO BE A FRUIT OR VEGETABLE

MENU SUBJECT TO CHANGE

THANKSGIVING MEAL ON NOVEMBER 20<sup>TH</sup> 11:00 AM

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Carrots

Season in Texas: August - May

Did you know?

You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods



**4** OATMEAL  
PULLED PORK  
TATER TOTS  
BEANS

**5** BREAKFAST TACOS  
TACOS  
REFRIED BEANS  
LETT/TOM  
CHIPS/SALSA

**6** DONUTS  
BAKED CHICKEN  
MASHED POTATOES  
MIXED VEGETABLES  
ROLLS

**7** EGGS SAUSAGE  
TOAST  
TURKEY SANDWICH  
BROCCOLI  
CARROTS  
CHIPS

**8**

**11** BREAKFAST TACOS  
SLOPPY JOES  
BEANS  
FRENCH FRIES

**12** POPTARTS  
CRISPITOS  
REFRIED BEANS  
CORN  
CHIPS/SALSA

**13** YOGURT  
POPCORN CHICKEN  
SALAD  
CUCUMBERS  
BREADSTICK

**14** MUFFINS  
PIZZA  
CARROTS  
BROCCOLI

**15**

**18** YOGURT  
HAMBURGERS  
FRENCH FRIES  
BEANS

**19** BREAKFAST TACOS  
CORNDOGS  
BROCCOLI  
CARROTS  
CHIPS

**20** POPTARTS  
TURKEY DRESSING  
MASHED POTATOES  
GREEN BEANS  
ROLLS

**21** EGGS SAUSAGE  
TOAST  
PIZZA  
CUCUMBERS  
CELERY  
TEDDY GRAHAMS

**22**

**25**

**26**

**27**

**28**

**29**

# HAPPY THANKSGIVING



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Food and Nutrition Division  
[www.SquareMeals.org](http://www.SquareMeals.org)

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 National School Lunch Program