

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

NOVEMBER



MONDAY

Cheese OR
Pepperoni Pizza
Salad
Fresh Broccoli Bites
Fresh Fruit
Fruit Juice
Ranch 2

TUESDAY

Beef Ravioli OR
Hot Dog
Baked Beans
Curly Fries
Diced Pears
Fruit Slush
Ketchup 3

WEDNESDAY

Soft Tacos OR Beef
Nachos
Refried Beans
Steamed Corn
Spanish Rice
Fresh Fruit
Fruit Juice /Cookie 4

THURSDAY

Crispito/Cheese OR
Corn Dog
Santa Fe Blend
Celery Sticks
Peach Slices
Fruit Slush
Ranch 5

FRIDAY

Chili Pie OR
Hamburger
Let/Tom/Pick Cup
Carrots, Baby
Chips
Fresh Fruit
Fruit Juice
Ketchup/Mayo/Mustard 6

GOOD EATS AT:

TIOGA ISD
LUNCH
9-12

Cheese OR
Pepperoni Pizza
Salad
Mixed Vegetables
Fresh Fruit
Fruit Juice
Ranch 9

Burrito OR
Hot Dog
Refried Beans
Carrots, Baby
Spanish Rice
Rosy Applesauce
Fruit Slush
Ranch 10

Chicken Nuggets
OR Steak Fingers
Mashed Potato
Steamed Corn
Fresh Fruit
Fruit Juice
WW Roll/Gravy
Cookie/Ketchup 11

Meatball Sub OR
Corn Dog
Curly Fries
Steamed Broccoli
Fruit Cocktail
Fruit Slush
Ranch 12

Grilled Cheese
Sandwich OR
Cheeseburger
Let/Tom/Pick Cup
Chili Beans
Fresh Fruit
Fruit Juice
Ketchup/Mayo/Mustard 13

Cheese OR
Pepperoni Pizza
Salad
Steamed Corn
Fresh Fruit
Fruit Juice
Ranch 16

Chicken Sandwich OR
Hot Dog
Carrots, Baby
Let/Tom/Pick Cup
Diced Peaches
Fruit Slush
Mayo/Mustard/Ketc
Ranch 17

Mac & Cheese OR
Corn Dog
Curly Fries
Steamed Broccoli
Mandarin Oranges
Fruit Slush
Ketchup 18

Ham
Mashed Potato
Green Beans
Corn Casserole
WW Roll
Fruit Mix
Cranberry Sauce
Holiday Pie 19

Hamburger OR Spicy
Chicken Sandwich
Chips
Let/Tom/Pick Cup
Baked Beans
Fresh Fruit
Fruit Juice
Mayo/Mustard/Ketchu 20

THANKSGIVING
HOLIDAY

23

THANKSGIVING
HOLIDAY

24

THANKSGIVING
HOLIDAY

25

THANKSGIVING
HOLIDAY

26

THANKSGIVING
HOLIDAY

27

Cheese OR
Pepperoni Pizza
Salad
Corn on Cobb
Fresh Fruit
Fruit Juice
Ranch 30



A VERY
DAIRY
MONTH
MILK, CHEESE, YOGURT



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S NOVEMBER, and this month we are discovering dairy, a food group that can be a nutritious part of your school meal. **Milk is a popular dairy product and it is an excellent source of calcium and vitamin D.** The delicious low-fat or fat-free milk you get at school comes from dairy cows.

FOOD: Milk CATEGORY: Dairy

REGIONS WITH FRESH SELECTIONS: Statewide

DISTINGUISHING CHARACTERISTICS OF MILK:
Refreshing drink usually served cold.



Milk



Cheese



Yogurt

WHAT TO KNOW:

Dairy products help build strong bones so you can grow up healthy and mooove fast. **Three daily servings of dairy products are recommended for school age children.**

DID YOU KNOW?:

In an average day a Texas dairy cow will eat about 90 pounds of feed, drink a bathtub full of water and produce 5 to 6 gallons of milk. **That's about 80 glasses of milk!**



**COMING IN DECEMBER:
POTATOES**



FUN FACT:

Texas dairies produce enough milk to fill the Dallas Cowboys' Stadium **1 1/2** times.



JOKE:

Q: What do you call a cow that won't give milk?
A: A milk dud!



EXPLORER'S NOTEBOOK:

Thanksgiving is just around the corner, and there are lots of ways to make dairy products part of your holiday meal. **Low-fat dairy products like yogurt and reduced-fat cheese can be tasty additions to many dishes and a glass of milk tastes great with any meal.** A little dairy will go a long way toward making your Thanksgiving meal even more delicious while helping you build strong, healthy teeth and bones!

