

**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 /Cookie4

## 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/Mustard6

### GOOD EATS AT:

TIOGA ISD  
LUNCH  
6-8

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/Mustard13

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/Ketchu20

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

This product was funded by USDA.  
This institution is an equal opportunity provider.



**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!

