

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

NOVEMBER



MONDAY

French Toast Sticks OR Cereal Yogurt Syrup

2

TUESDAY

Pancake on Stick OR Cereal Pop Tart Syrup

3

WEDNESDAY

Skillet Omelet OR Cereal WW Toast Jelly Salsa

4

THURSDAY

Breakfast Pizza OR Cereal Yogurt

5

FRIDAY

Biscuit Sausage OR Cereal Sausage Jelly

6

Muffin OR Cereal Mozzarella String Cheese Stick

9

Pancakes OR Cereal Pop Tart Syrup

10

Breakfast on Bun OR Cereal Mozzarella String Cheese Stick

11

Waffles OR Cereal Pop Tart

12

Biscuit OR Cereal Mozzarella String Cheese Stick Gravy/ Jelly

13

French Toast Sticks OR Cereal Pop Tart Syrup

16

Pancake on Stick OR Cereal Pop Tart Syrup

17

Skillet Omelet OR Cereal WW Toast Jelly Salsa

18

Breakfast Pizza OR Cereal Pop Tart

19

Biscuit Sausage OR Cereal Sausage Jelly

20

THANKSGIVING HOLIDAY

23

THANKSGIVING HOLIDAY

24

THANKSGIVING HOLIDAY

25

THANKSGIVING HOLIDAY

26

THANKSGIVING HOLIDAY

27

Muffin OR Cereal Mozzarella Cheese Stick

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.

GOOD EATS AT:

Tioga ISD
Breakfast



SPECIAL ANNOUNCEMENTS

Daily Offerings
Fat Free Chocolate Milk
1 % Plain Milk
Fruit
Fruit Juice



MENU SUBJECT TO CHANGE



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!

