

# November 2024

# Good Shepherd Little Sheep

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Carrots</b> 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</p>				<p><b>1</b> B: WG cereal, bananas L: Turkey wraps, peaches, carrots, S: Juice, animal crackers</p>
<p><b>4</b> B: Bagels, Fruit Cocktail L: chicken alfredo, salad, peaches S: Yogurt, WG cheerios</p>	<p><b>5</b> B: WG Pancakes, pineapple L: Beef taco rice, corn, pears S: Club crackers, Sliced oranges</p>	<p><b>6</b> B: Kolaches, mixed fruit L: burritos, fresh carrots, applesauce S: WG trail mix, string cheese</p>	<p><b>7</b> B: WG Waffles, pears L: Ravioli, crackers, green beans, pineapple S: Ritz Crackers, hummus</p>	<p><b>8</b> B: WG cereal pineapple L: pizza, bananas, salad S: Juice, Pretzels</p>
<p><b>11</b> B: Eggs, applesauce L: Shepherds pie, corn, pears, crackers S: WG Cheese bread</p>	<p><b>12</b> B: Raisin bread, peaches, L: chicken patty, WG bread, cucumber, mixed fruit S: Applesauce, animal crackers</p>	<p><b>13</b> B: Biscuits, pineapple L: Spaghetti, Cucumber, peaches S: WG wheat thins, sliced cheese</p>	<p><b>14</b> B : WG Bagels, pineapple L: chicken taco pasta, mixed veggies, pears S: Graham Crackers, Sun butter</p>	<p><b>15</b> B: WG cereal, bananas L: Turkey wraps, peaches, carrots, S: Juice, Saltines</p>
<p><b>18</b> B: WG pancakes, mango L: Frito pie with beef and beans, applesauce S: Cheese its, oranges</p>	<p><b>19</b> B: Kolaches, bananas, L: Corndogs, bread, carrots, oranges S: WG Chex, string cheese</p>	<p><b>20</b> B: WG Waffles,, peaches L: Creamy chicken and rice, mixed veggies, peaches S: Yogurt, animal crackers</p>	<p><b>21</b> B: Biscuits, pineapple, L: Beefy mac, cucumber, pears S: ritz crackers, hummus</p>	<p><b>22</b> B: Pancakes, peaches L: Turkey, Green beans, Cranberry sauce, rolls S: Juice, Club crackers</p>
<p><b>25</b> B: Raisin bread, peaches, L: chicken Teriyaki, rice, carrots, mixed fruit S: Applesauce, pretzels</p>	<p><b>26</b> B: WG Bagels pears L: Chili, beans, pineapple S: sliced cheese, Club crackers</p>	<p><b>27</b> B: WG cereal, yogurt L: Orange chicken, rice, corn,bananas, cucumber, S:String cheese, Ritz</p>	<p><b>28</b> <b>Closed</b> for Thanksgiving</p>	
		<p><b>29</b> <b>Closed</b> for Thanksgiving</p>		



## Announcements:

**November 22<sup>nd</sup>**

## Thanksgiving Luncheon!



Food and Nutrition Division  
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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