



# NOVEMBER

2020

BREMOND ISD Pre-K - 12



**m**

**BREAKFAST**  
Sausage/biscuit, fruit, juice, milk

**LUNCH**  
Beef or chicken nachos, corn, pinto beans, lettuce & tomato, fruit, milk **2.**

**t**

**BREAKFAST**  
Muffin top, fruit, juice, milk

**LUNCH**  
Chili dog or sausage wrap, potato wedges, baked beans, veggie dippers, fruit, milk **3.**

**w**

**BREAKFAST**  
Cinnamon toast, smokies, fruit, juice, milk

**LUNCH**  
Pizza or hot pocket, carrots, Romaine salad, fruit, milk **4.**

**th**

**BREAKFAST**  
Sausage roll, fruit, juice, milk

**LUNCH**  
Chicken nuggets or steakfingers, potatoes, green beans, roll, gravy, fruit, milk **5.**

**f**

**BREAKFAST**  
Breakfast pizza, fruit, juice, milk

**LUNCH**  
Hamburger or sub, fries, lettuce & tomato, pickles, fruit, milk **6.**

**BREAKFAST**  
Pancakes, sausage, fruit, juice, milk

**LUNCH**  
Grilled cheese or sub, veggie soup, fries, veggie dippers, fruit, milk **9.**

**BREAKFAST**  
Cinnamon roll, fruit, juice, milk

**LUNCH**  
Soft beef or chicken taco, corn, pinto beans, lettuce & tomato, fruit, milk **10.**

**BREAKFAST**  
Sausage & biscuit, fruit, juice, milk

**LUNCH**  
Spaghetti/meat sauce or Ravioli, carrots, broccoli, garlic toast, fruit, milk **11.**

**BREAKFAST**  
Pop-tart, fruit, juice, milk

**LUNCH**  
Salisbury or oven fried steak, mashed potatoes, blackeye peas, roll, gray, fruit, milk **12.**

**BREAKFAST**  
Cinnamon toast, smokies, fruit, juice, milk

**LUNCH**  
Chicken on a bun, tater tots, lettuce, tomato, pickles, fruit, milk **13.**

**BREAKFAST**  
Breakfast pizza, fruit, juice, milk

**LUNCH**  
Corny dog or rib sub, fries, baked beans, veggie dippers, fruit, milk **16.**

**BREAKFAST**  
Muffin top, fruit, juice, milk

**LUNCH**  
Bee/bean burrito or Frito pie, corn, pinto beans, lettuce & tomato, fruit, milk **17.**

**BREAKFAST**  
Pancakes, sausage, fruit, juice, milk

**LUNCH**  
Pizza or hot pocket, Romaine salad, carrots, fruit, milk **18.**

**BREAKFAST**  
Sausage roll, fruit, juice, milk

**LUNCH**  
Baked or fried chicken breast, potatoes, green beans, gravy, roll, fruit, milk **19.**

**BREAKFAST**  
Sausage/biscuit, fruit, juice, milk

**LUNCH**  
Hamburger or sub, fries, lettuce, tomato, pickles, fruit **20.**

**SCHOOL HOLIDAY**

**23.**

**SCHOOL HOLIDAY**

**24.**

**SCHOOL HOLIDAY**

**25.**

**SCHOOL HOLIDAY**

**26.**

**SCHOOL HOLIDAY**

**27.**

**BREAKFAST**  
Sausage & biscuit, fruit, juice, milk

**LUNCH**  
Chili dog or sausage wrap, Fries, baked beans, fruit, milk **30.**

**Special Announcements:**

Cereal or yogurt are choices at breakfast everyday. Menu is subject to change without notice due to availability of product.

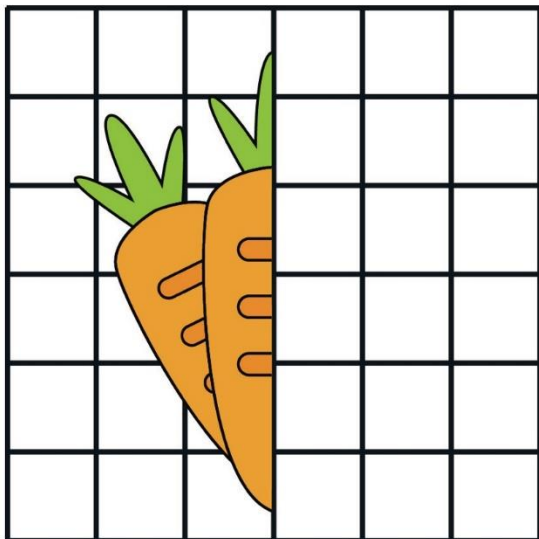




# COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

## COMPLETE THE DRAWING



### DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

