

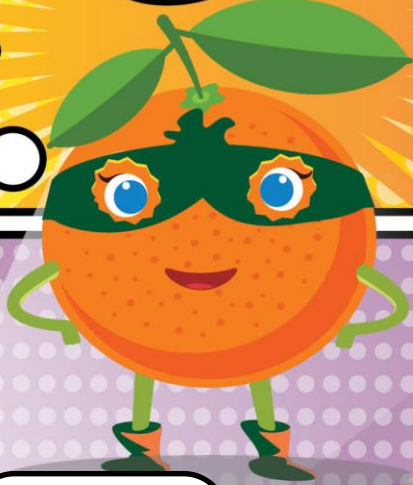
My Name is  
**CORA CLEMENTINE**

Ace High School - Stone

# NOVEMBER

2019

TDA's November 2019 Menu Calendar



**M**                      **T**                      **W**                      **TH**                      **F**

**GOOD EATS AT**

**Healthy Innovations.**

This Institution is an equal Opportunity Provider.  
Foodservice Director: Armando Rodriguez, OR Nutritionist Manager Andrea (520) 495-5533  
MENUS SUBJECT TO CHANGE  
menus@healthynovationsaz.com

Hamburger  
Tater Tots  
Fruit of the day  
Variety of milk **4**

Orange chicken  
Corn  
Fruit of the day  
Variety of milk **5**

Sonoran Hotdogs  
Carrots  
Fruit of the day  
Variety of milk **6**

Beef picadillo w  
tortilla  
Refried beans  
Fruit of the day  
Variety of milk **7**

Pepperoni Pizza  
Romaine Lettuce  
Fruit of the day  
Variety of Milk **8**

**NO SCHOOL**  
**Veterans Day**  
**11**

Turkey  
Corn/Mashed  
Potatoes  
Fruit of the day  
Variety of milk **12**

Turkey & Cheese  
subs  
Carrots  
Fruit of the day  
Variety of milk **13**

Cheese  
Chilaquiles  
Refried Beans  
Fruit of the day  
Variety of milk **14**

Turkey cheese &  
ham  
Romaine Lettuce  
Fruit of the day  
Variety of Milk **15**

Turkey Corn Dog  
Mashed Potatoes  
Fruit of the day  
Variety of milk **18**

Teriyaki Chicken  
Corn  
Fruit of the day  
Variety of milk **19**

Spaghetti &  
Meatballs  
Carrots  
Fruit of the day  
Variety of milk **20**

Beef Nachos  
Refried beans  
Fruit of the day  
Variety of milk **21**

Pepperoni Pizza  
Romaine Lettuce  
Fruit of the day  
Variety of Milk **22**

Chicken Patty  
Sandwich  
Tater Tots  
Fruit of the day  
Variety of milk **25**

Turkey, ham &  
pepperoni Subs  
Corn  
Fruit of the day  
Variety of milk **26**

Cheeseburger  
Carrots  
Fruit of the day  
Variety of Milk **27**

**Thanksgiving**  
**Day 28<sup>th</sup>**

**NO SCHOOL**  
**29<sup>th</sup>**

**SPECIAL ANNOUNCEMENTS**





Cora Clementine was the littlest blossom. During her first winter as a tiny tanger, the frost hit early and ice crystals formed all around her. The sunlight beamed down on Cora and was magnified by the crystals. The magnified sunlight magnified the vitamin C crystal inside Cora to keep her from getting sick that cold, icy winter. Now Cora uses the magic crystal to pass power of immunity to the other young clementines so they can grow into powerful, flavorful, nutritious snacks to keep kids healthy!



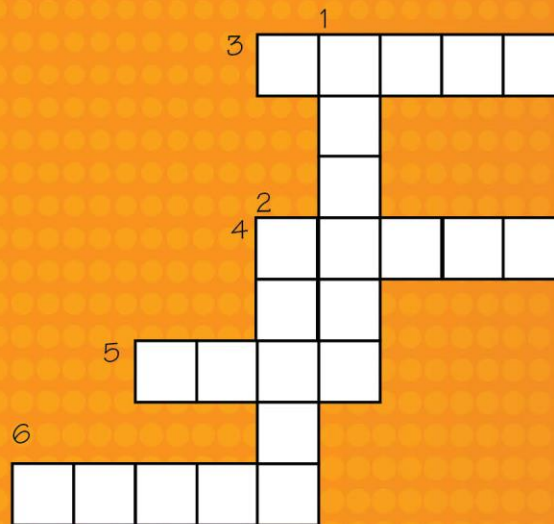
## CORA CLEMENTINE

## WHAT TO KNOW

Clementines are a cross between a Chinese mandarin and an orange. They are smaller than oranges and are easy to peel, making them a great snack! Clementines are low in calories and contain fiber, vitamin C, and other important vitamins, minerals, and antioxidants that help support a healthy immune system.

CORA CLEMENTINE'S  
**FAVORITE ACTIVITY**  
Climbing Trees

## CROSSWORD PUZZLE

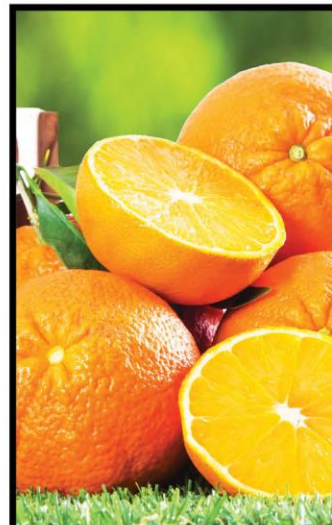


### DOWN

1. Color of a Clementine
2. How a Clementine Tastes

### ACROSS

3. Clementine Shape
4. Clementines are a great \_\_\_\_\_.
5. Clementines grow on a \_\_\_\_\_.
6. Type of Food



Answers  
1: orange  
2: sweet  
3: round  
4: snack  
5: tree  
6: fruit



**POWER**  
**SUPER**  
Immunity

## JOKE OF THE MONTH

Q: Why did the clementine go to the doctor?

A: It wasn't peeling well.

## FUN FACT

Clementines are often called "Christmas oranges" because their limited growing season falls during the winter.