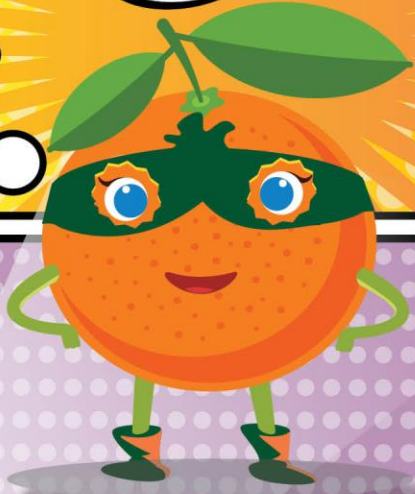


My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



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

Meal 6
Wow Butter w/ jelly
Honey Graham Crackers
Cheez-its
Peaches
Juice
Milk **4**

Meal 7
BBQ Chicken Cup
Crackers
Educational Cookies
Mandarin Oranges
Sunflower Kernels
Juice
Milk **5**

Meal 8
Bean Dip
Beef Stick
Corn Chips
Applesauce
Sunflower Kernels
Juice
Milk **6**

Meal 9
Bacon Cheese Cup
Pretzels Sticks
Crackers
Applesauce
Sunflower Kernels
Juice
Milk **7**

Meal 10
Mozzarella Cheese Stick
Beef Stick
Salsa Cup
Corn Chips
Sunflower Kernels
Juice
Milk **1**

Meal 10
Mozzarella Cheese Stick
Beef Stick
Salsa Cup
Corn Chips
Sunflower Kernels
Juice
Milk **8**

Meal 6
Wow Butter w/ jelly
Honey Graham Crackers
Cheez-its
Peaches
Juice
Milk **11**

Meal 7
BBQ Chicken Cup
Crackers
Educational Cookies
Mandarin Oranges
Sunflower Kernels
Juice
Milk **12**

Meal 8
Bean Dip
Beef Stick
Corn Chips
Applesauce
Sunflower Kernels
Juice
Milk **13**

Meal 9
Bacon Cheese Cup
Pretzels Sticks
Crackers
Applesauce
Sunflower Kernels
Juice
Milk **14**

Meal 10
Mozzarella Cheese Stick
Beef Stick
Salsa Cup
Corn Chips
Sunflower Kernels
Juice
Milk **15**

Meal 6
Wow Butter w/ jelly
Honey Graham Crackers
Cheez-its
Peaches
Juice
Milk **18**

Meal 7
BBQ Chicken Cup
Crackers
Educational Cookies
Mandarin Oranges
Sunflower Kernels
Juice
Milk **19**

Meal 8
Bean Dip
Beef Stick
Corn Chips
Applesauce
Sunflower Kernels
Juice
Milk **20**

Meal 9
Bacon Cheese Cup
Pretzels Sticks
Crackers
Applesauce
Sunflower Kernels
Juice
Milk **21**

Meal 10
Mozzarella Cheese Stick
Beef Stick
Salsa Cup
Corn Chips
Sunflower Kernels
Juice
Milk **22**

Meal 6
Wow Butter w/ jelly
Honey Graham Crackers
Cheez-its
Peaches
Juice
Milk **25**

Meal 7
BBQ Chicken Cup
Crackers
Educational Cookies
Mandarin Oranges
Sunflower Kernels
Juice
Milk **26**

Meal 8
Bean Dip
Beef Stick
Corn Chips
Applesauce
Sunflower Kernels
Juice
Milk **27**

Meal 9
Bacon Cheese Cup
Pretzels Sticks
Crackers
Applesauce
Sunflower Kernels
Juice
Milk **28**

Meal 10
Mozzarella Cheese Stick
Beef Stick
Salsa Cup
Corn Chips
Sunflower Kernels
Juice
Milk **29**

GOOD EATS AT



SPECIAL ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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



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!



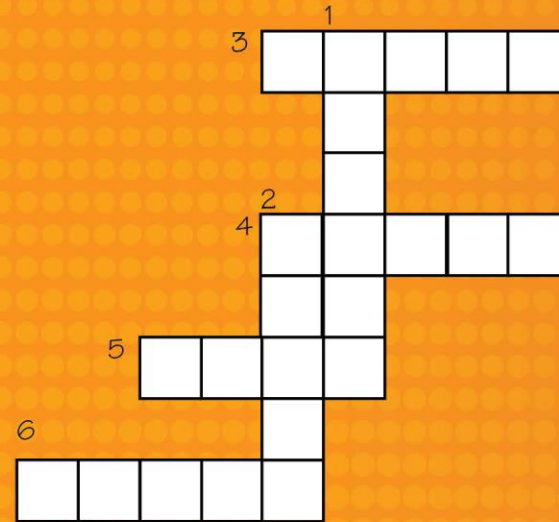
CORA CLEMENTINE

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.