

My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M

T

W

TH

F

**GOOD
EATS AT**

**EAST
TEXAS
FOOD
BANK**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

Comida 6
Wow mantequilla con
gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

4

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

5

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

6

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

7

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

1

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

8

Comida 6
Wow mantequilla con
gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

11

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

12

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

13

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

14

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

15

Comida 6
Wow mantequilla con
gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

18

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

19

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

20

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

21

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

22

Comida 6
Wow mantequilla con
gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

25

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

26

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

27

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

28

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

29



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

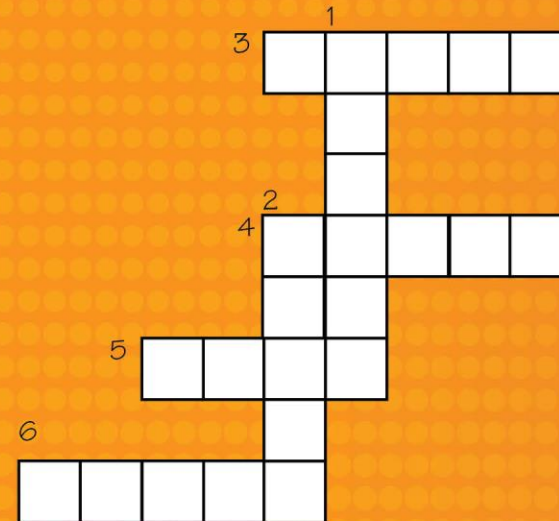
WHAT TO KNOW

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
5. Clementines grow on a ____.
6. Type of Food
4. Clementines are a great ____.



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.