

My Name is
CORA CLEMENTINE

NOVEMBER

2019

TDA's November 2019 Menu Calendar



M

T

W

TH

F

Cheez-its
Fruit Juice
4

Animal Crackers
Grape Juice
5

Pretzels
Orange-Tangerine Juice
6

Cinnamon Elf
Grahams
Strawberry Kiwi
Juice
7

Cinnamon
Toasters
Grape Juice
8

Cheez-its
Fruit Juice
11

Animal Crackers
Grape Juice
12

Pretzels
Orange-Tangerine Juice
13

Cinnamon Elf
Grahams
Strawberry Kiwi
Juice
14

Cinnamon
Toasters
Grape Juice
15

Cheez-its
Fruit Juice
18

Animal Crackers
Grape Juice
19

Pretzels
Orange-Tangerine Juice
20

Cinnamon Elf
Grahams
Strawberry Kiwi
Juice
21

Honey Graham
Crackers
Grape Juice
22

Cheez-its
Fruit Juice
25

Animal Crackers
Grape Juice
26

Pretzels
Orange-Tangerine Juice
27

Cinnamon Elf
Grahams
Strawberry Kiwi
Juice
28

Cinnamon
Toasters
Grape Juice
29

**GOOD
EATS AT**



**EAST
TEXAS
FOOD
BANK**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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!



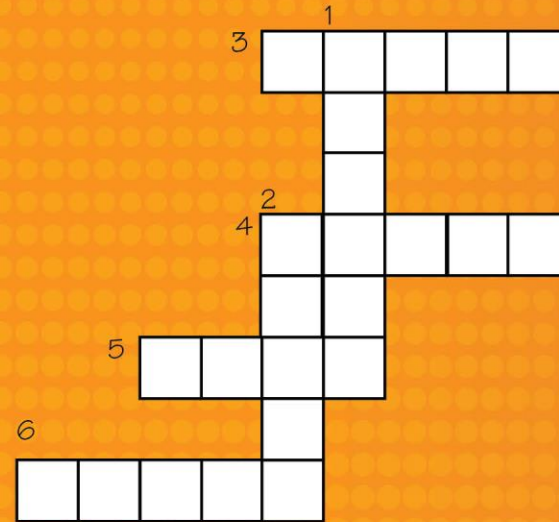
CORA CLEMENTINE

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.