

My Name is  
**CORA CLEMENTINE**

# NOVEMBER

2019

## Hancock County Middle/High



**M**

**T**

**W**

**TH**

**F**

Sausage Biscuit  
**Lunch**  
Cheese  
& Pepperoni Pizza  
Fries  
Green Beans 4

French Toast Sticks  
**Lunch**  
Salisbury Steak/Corn  
Dogs  
Mashed  
Potatoes/Gravy  
Peas 5

Muffins  
**Lunch**  
Chicken Tenders  
Baby Baked Potatoes  
Corn  
Roll 6

Apple Cinnamon  
Toast  
**Lunch**  
Chicken Fajita  
Chips  
Queso Cheese  
Rice 7

Gravy Biscuit,  
Sausage  
**LUNCH**  
Chicken Sandwich  
Chips  
Corn 1

Gravy and Biscuit, Eggs  
**LUNCH**  
Cheeseburger  
Curly Fries  
Broccoli & Cheese  
Ice Cream 8

**No  
School** 11

Chicken Biscuit  
**Lunch**  
Hot Dogs  
Chilli  
Fries 12

Cinnamon Rolls  
**Lunch**  
Chicken Tenders  
Potato Wedges  
Carrots  
Roll 13

Pancake Sausage  
Wrap  
**Lunch**  
Vegetable Soup  
Grilled Cheese  
Corn 14

Gravy and Biscuit,  
Bacon  
**LUNCH**  
Three Cheese  
Calzone  
Potato Wedges  
Sweet Carrots 15

Breakfast Pizza  
**Lunch**  
Chilli, Chips, and  
Cheese  
Mexican Corn or  
Salsa 18

French Toast Sticks  
**Lunch**  
Turkey  
Dressing  
Mashed Potatoes  
Rolls 19

Muffins  
**Lunch**  
Chicken Tenders  
Mashed Potatoes  
Green Beans  
Roll 20

Pancakes  
**Lunch**  
Gravy and Biscuit  
Hashbrowns  
Bacon 21

Chicken Biscuit  
**Lunch**  
Subway Day  
Ham/Turkey Hoagie  
Chips  
Baked Beans 22

Sausage Biscuit  
**Lunch**  
Corn Dog  
Fries  
Mac and Cheese 25

Apple Cinnamon Toast  
**Lunch**  
Deep Dish Pizza  
Cheese or Pepperoni  
Onion Rings  
Corn 26

Thanksgiving  
Break 27



Thanksgiving  
Break 29

### GOOD EATS AT

- Served Daily with  
Breakfast:
- Fruit
  - Cereal
  - Pop-Tarts
  - Milk/Juice
- Served Daily with  
Lunch:
- Salad Bar
  - Fruit
  - Milk

### SPECIAL ANNOUNCEMENTS

- New Menu Items:
- Personal Deep Dish Pizzas
  - Apple Cinnamon Toast
  - Three Cheese Calzones



Free  
Lunch for  
Staff on  
November  
26<sup>th</sup>

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!



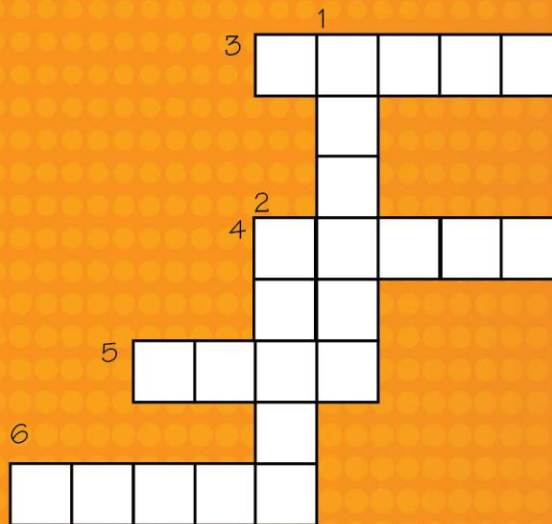
## CORA CLEMENTINE

## 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.