



November Fun Facts



Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>We have apple slices on the menu today.</p> <p>Did you know that an apple tree can produce up to 400 apples a year?</p> 	<p>2</p> <p>Carrots are one of the vegetable choices for today's lunch.</p> <p>Did you know that carrots are 88% water?</p>	<p>3</p> <p>Corn is one of the vegetable choices for lunch today.</p> <p>Did you know that an average ear of corn has 800 kernels in 16 rows?</p> 
<p>6</p> <p>Blueberries are one of the only natural fruits that are truly blue in color. Try some with your lunch today.</p> 	<p>7</p> <p>A healthy chicken lays about 265 eggs each year. That's a lot of omelets!</p> <p>Have an omelet with your lunch today.</p>	<p>8</p> <p>Did you know that cranberries are a good source of vitamin C? Vitamin C helps keep your bones, eyes and skin healthy.</p> <p>Have some cranberries with your lunch today.</p> 	<p>9</p> <p>There are more than 2000 varieties of cheese available worldwide. Mozzarella is the favorite around the globe.</p> <p>The cheese pizza for today's lunch contains mozzarella.</p>	<p>10</p> <p>Hot dogs were the first food eaten on the moon. Apollo 11 astronauts ate hot dogs on their 1969 journey.</p> <p>While you're eating your hot dog at lunch today, you can pretend that you're on the moon.</p>
<p>13</p> <p>The first time that French fries were served in America was at a diplomatic dinner hosted by Thomas Jefferson. That makes them sound kind of fancy.</p> <p>Have some fancy French fries with your lunch today.</p>	<p>14</p> <p>Lettuce is a topping choice for your fajitas or chili cheese wrap today.</p> <p>Did you know that the average American eats 30 pounds of lettuce each year?</p>	<p>15</p> <p>Mandarin oranges are a good source of vitamin C, and vitamin C helps to keep you healthy.</p> <p>Don't forget the mandarin oranges at lunch today.</p>	<p>16</p> <p>Cucumbers contain vitamins B1, B2, B3, B5, B6, folic acid, vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.</p> <p>Be sure to include some cucumber slices in your lunch.</p>	<p>17</p> <p>No School</p>
<p>20</p> <p>Apricots are on the menu today.</p> <p>Did you know that apricots grow on trees? An apricot tree can produce fruit for 25 years.</p>	<p>21</p> <p>Each day, more than 31 million children participate in the National School Lunch Program. Join us for lunch today.</p> 	<p>22</p> <p>No School</p>		<p>24</p> <p>No School</p>
<p>27</p> <p>Chicken nuggets are on the menu today.</p> <p>Did you know that a group of chickens is called a flock?</p>	<p>28</p> <p>The soybean is the highest natural source of dietary fiber.</p> <p>Be sure to have some with your lunch today.</p>	<p>29</p> <p>The fuzz on peaches helps protect it from diseases, insects and sunburn.</p> <p>Try some peaches today.</p> 	<p>30</p> <p>There are 25 billion chickens in the world and only 7 billion people. We certainly are outnumbered by our feathered friends!</p>	