



# DECEMBER

2019

**GOOD EATS AT**

**CHRISTMAS BREAK**  
December 20th-January 6th

**MENU SUBJECT TO CHANGE**

**SPECIAL ANNOUNCEMENTS**

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I'm **POWERFUL PETE**

M	T	W	TH	F
PANCAKES, SAUSAGE, FRUIT, JUICE, MILK 2	HAM&CHEESE BREAKFAST BARS, HASHBROWNS, FRUIT, JUICE, MILK 3	BISCUIT, GRAVY, SCRAMBLED EGGS, BACON, FRUIT, JUICE, MILK 4	BANANA BREAD, YOGURT, FRUIT, JUICE, MILK 5	MANAGERS CHOICE..... ENRICHMENT DAY 6
WAFFLES, BACON, FRUIT, JUICE, MILK 9	SAUSAGE, EGG, & CHEESE BISCUIT, FRUIT, JUICE, MILK 10	BREAKFAST PIZZA, FRUIT, JUICE, MILK 11	BISCUIT, GRAVY, SCRAMBLED EGGS, FRUIT, JUICE, MILK 12	CINNAMON ROLL, SAUSAGE FRUIT, JUICE, MILK 13
SAUSAGE BISCUIT, FRUIT, JUICE, MILK 16	HAM&CHEESE BREAKFAST BARS, HASHBROWNS, FRUIT, JUICE, MILK 17	CHICKEN & WAFFLES, FRUIT, JUICE, MILK 18	DUTCH WAFFLE, BACON, FRUIT, JUICE, MILK 19	NO SCHOOL CHRISTMAS BREAK 20
NO SCHOOL CHRISTMAS BREAK 23	NO SCHOOL CHRISTMAS BREAK 24	NO SCHOOL CHRISTMAS BREAK 25	NO SCHOOL CHRISTMAS BREAK 26	NO SCHOOL CHRISTMAS BREAK 27
NO SCHOOL CHRISTMAS BREAK 30	NO SCHOOL CHRISTMAS BREAK 31			



# POWERFUL PETE

Sweet Potato



One day the farmer was harvesting sweet potatoes on the Healthyville farm when suddenly a storm rolled in. Lightning struck in the sweet potato field and all of the sweet potatoes were cooked except one! Powerful Pete the Sweet Potato jumped up and looked around with electric eyes and realized he could see for miles around. His powerful eyes would even shoot vitamin A into the ground to make the healthiest sweet potatoes for kids to eat!

## WHAT TO KNOW

Sweet potatoes are an excellent source of vitamin A, which is great for vision and healthy growth. Sweet potatoes are also very good sources of vitamin C, copper, and vitamins B5 and B6. Unlike other potatoes, sweet potatoes are red-orange vegetables and are the only potatoes that provide vitamin A. They are also high in beta carotene.



**POWERFUL PETE'S FAVORITE ACTIVITIES**  
Ice Skating and Hockey



**POWER SUPER VISION**

## JOKE OF THE MONTH

Q: What do you get when you cross a potato with an elephant?

A: mashed potato

## WORD SEARCH

Find the following words: potato, root, vegetable, soil, farm, cultivate, sweet

F	C	E	P	A	C	R	V
M	U	U	O	O	T	S	E
D	L	G	T	J	K	V	G
H	T	O	A	F	N	A	E
S	I	T	T	S	D	C	T
W	V	R	O	O	T	W	A
E	A	G	D	I	S	W	B
E	T	Y	R	L	O	K	L
T	E	D	F	A	R	M	E

## FUN FACTS

The potato was the first vegetable to be grown in outer space.

Although the orange variety is the most common in the US, sweet potatoes also come in white, yellow, pink and purple varieties.

Answers

F	C	E	P	A	C	R	V
M	U	U	O	O	T	S	E
D	L	G	T	J	K	V	G
H	T	O	A	F	N	A	E
S	I	T	T	S	D	C	T
W	V	R	O	O	T	W	A
E	A	G	D	I	S	W	B
E	T	Y	R	L	O	K	L
T	E	D	F	A	R	M	E