



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
CHICKEN DRUMSTICKS, BISCUIT, TOMATO CUP, CORN, GRAPES, MILK 2	FRITO PIE, VEGGIE CUP, CHARRO BEANS, SALSA, SALAD, ORANGES, MILK 3	CHICKEN NUGGETS, MASHED POTATOES, GRAVY, BROCCOLI, ROLL, MIXED FRUIT, RICE CRISPY TREAT, MILK 4	PIZZA, CORN, CARROT COINS, PEARS, MILK 5	MANAGERS CHOICE..... ENRICHMENT DAY 6
COUNTRY FRIED STEAK, MASHED POTATOES, GRAVY, ROLL, OKRA, STRAWBERRIES, MILK 9	MEAT & CHEESE CHALUPAS, SALSA, ZESTY CUCUMBERS, REFRIED BEANS, SALAD, ROSY APPLESAUCE, MILK 10	HAMBURGER/ CHEESEBURGER w/garnish, FRIES, BROCCOLI, BABY CARROTS, PEACHES, COOKIE MILK 11	CHICKEN TENDERS, MAC AND CHEESE, COLESLAW, GREEN BEANS, ORANGES, MILK 12	PIZZA, SALAD, BABY CARROTS, APPLES, BROWNIE, MILK 13
STEAK FINGERS, FRIES, GRAVY, ROLL, TOMATO CUP, STRAWBERRIES AND BANANAS, MILK 16	QUESADILLAS, CORN, PINTO BEANS, SALSA, SALAD, ORANGES, MILK 17	FRENCH BREAD PIZZA, MARINARA SAUCE, SALAD, CALIFORNIA BLEND VEGGIES, APPLES, MILK 18	EARLY RELEASE PB&J SACK LUNCH 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			



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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