



DECEMBER

2019

GOOD EATS AT

HEAD START LUNCH MENU

SPECIAL ANNOUNCEMENTS

I'm **POWERFUL PETE**

M	T	W	TH	F
6 oz Milk 1.5 oz Sliced Ham ¼ c Macaroni & Cheese ¼ c Mixed Fruit 1/8 c Snap Peas ½ WW Roll 2	6 oz Milk 3 Chicken Nuggets ¼ c Sweet Potato Fries ¼ c Tossed Salad ¼ c Kiwi ½ WW Roll 3	6 oz Milk 1 ½ oz Hamburger 1 oz WW Bun 1 Leaf Lettuce & Tomato Slice ¼ c Tater Tots ¼ c Pineapple Bits 4	6 oz Milk 1 pc Lasagna ¼ c Peas & Carrots ¼ c Apricots ½ WW Roll 5	6 oz Milk 1 Bean & Cheese Burrito 1/8 c Lettuce & Tomato Salad ¼ c Fresh Green Apples 6
6 oz Milk 4 oz Beef & Bean Chile 1 pc Corn Muffin ¼ c Squash ¼ c Pears 9	6 oz Milk ½ Chicken Fajitas 1/8 c Refried Beans ¼ c Shredded Lettuce ¼ c Fruit Mix 10	6 oz Milk 1 Breaded Pork Patty ¼ c Mashed Potatoes ¼ c Broccoli ¼ c Tropical Fruit ½ slc WW Bread 11	6 oz Milk 2.9 oz Meat Loaf ¼ c Green Beans ¼ c Apricots ½ WW Roll 12	6 oz Milk 4 Fish Sticks ¼ c Sweet Potato Fries ¼ c Kiwi ½ slc WW Bread 13
6 oz Milk 1 pc Chicken Spaghetti ¼ c Spinach Salad ½ slc Garlic Bread ¼ c Pears 16	6 oz Milk 1 Soft Beef Taco ¼ c Black Beans ¼ c Diced Peaches 17	6 oz Milk 3/8 c Beef Goulash ¼ c Carrots ¼ s Strawberries ½ WW Roll 18	6 oz Milk 10 Popcorn Chicken ¼ c Sweet Potato Fries ¼ c Broccoli ¼ c Mangos ½ slc WW Bread 19	6 oz Milk 1 Grilled Ham & Cheese Sandwich .5 oz Corn Chips ¼ c Tomato Soup ¼ c Apple Slices 20
Happy Holidays 23	WINTER BREAK 24	WINTER BREAK 25	WINTER BREAK 26	WINTER BREAK 27
WINTER BREAK 30	WINTER 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
E	M	U	U	O	O	T	S
A	C	R	V	G	T	J	K
R	V	G	H	T	O	A	F
V	G	H	T	O	A	F	N
E	M	U	U	O	O	T	S
A	C	R	V	G	T	J	K
R	V	G	H	T	O	A	F
V	G	H	T	O	A	F	N
E	M	U	U	O	O	T	S
A	C	R	V	G	T	J	K
R	V	G	H	T	O	A	F
V	G	H	T	O	A	F	N