



DECEMBER

2019

GOOD EATS AT

HEAD START SNACK MENU

SPECIAL ANNOUNCEMENTS

I'm **POWERFUL PETE**

M	T	W	TH	F
<p>½ c Applesauce .5 oz Gold Fish</p> <p>2</p>	<p>1 pk Teddy Grahams ½ c Pears</p> <p>3</p>	<p>1 Boiled Egg 4 Wheat Crackers</p> <p>4</p>	<p>1 Grain Muffin ½ c Mandarin Oranges</p> <p>5</p>	<p>½ c Yogurt 1 oz Granola</p> <p>6</p>
<p>1 Ham Slice 4 Wheat Crackers</p> <p>9</p>	<p>½ Soft Pretzel Rod 1 Wild Watermelon Applesauce Cup</p> <p>10</p>	<p>1 String Cheese ½ Diced Peaches</p> <p>11</p>	<p>½ c Vanilla Yogurt ½ c Chex Cereal</p> <p>12</p>	<p>½ Cucumber Slices w/Ranch ½ oz Cheese Cubes</p> <p>13</p>
<p>.5 oz Cheese-it Crackers ¼ c Raisins</p> <p>16</p>	<p>½ Banana 1 Tbsp Peanut Butter</p> <p>17</p>	<p>.5 Gold Fish 4 oz Milk</p> <p>18</p>	<p>½ c Diced Pineapple Cup ½ c Yogurt</p> <p>19</p>	<p>½ Whole Grain Muffin 4 oz Milk</p> <p>20</p>
<p><i>Happy Holidays</i></p> <p>23</p>	<p>WINTER BREAK</p> <p>24</p>	<p>WINTER BREAK</p> <p>25</p>	<p>WINTER BREAK</p> <p>26</p>	<p>WINTER BREAK</p> <p>27</p>
<p>WINTER BREAK</p> <p>30</p>	<p>WINTER BREAK</p> <p>31</p>			



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