



DECEMBER

2019
**GOOD
EATS AT**
MAY ISD
**SPECIAL
ANNOUNCEMENTS**

Breakfast
K-12 Reg Price: 1.75
Reduced: .30
Extra Milk: .50
Extra Juice: .50
Adult Price: 2.25
Milk/Juice offered daily



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

M

Oatmeal
Toast
Fruit
Milk/Juice 2

Yogurt
Toast
Fruit
Milk/Juice 9

Oatmeal
Toast
Fruit
Milk/Juice 16

Christmas
Break 23

Christmas
Break 30

T

Pancakes on
Stick
Syrup
Fruit
Milk/Juice 3

French Toast
Sausage
Fruit
Milk/Juice 10

Breakfast
Burrito
Fruit
Milk/Juice 17

Christmas
Break 24

Christmas
Break 31

W

Morning Rolls
Fruit
Milk/Juice 4

Breakfast pizza
Fruit
Milk
Juice 11

Pancakes
Bacon
Fruit
Milk/Juice 18

Christmas
Break 25

TH

Waffles
Sausage
Fruit
Milk/Juice 5

Scrambled Eggs
Bacon
Toast
Fruit
Milk/Juice 12

Sausage Biscuit
Gravy
Fruit
Milk/Juice 19

Christmas
Break 26

F

Muffins
Cheese Sticks
Fruit
Milk/Juice 6

Bagels
Cream Cheese
Fruit
Milk/Juice 13

Cinnamon Rolls
Cheese Sticks
Fruit
Milk/Juice 20

Christmas
Break 27

I'm
**POWERFUL
PETE**



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

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