



DECEMBER

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

Lunch Menu K-6 Regular Price: \$2.75 7- 12 Regular Price: \$3.00 K-12 Reduced Price: \$0.40 Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal. Menu is subject to change due to deliveries. Salad served Daily.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M

Stuffed Sandwich
Corn
Chips
Fruit
Milk/Juice 2

Turkey Cheese
Subs
Chips
Broccoli
Fruit
Milk/Juice 9

Corn Dogs
Baked Beans
Chips
Fruit
Milk/Juice 16

Christmas
Break 23

Christmas
Break 30

T

Chicken Strips
Ranch Beans
Mashed Potato's
Fruit
Milk/Juice 3

Steak Fingers
Potato Wedges
Green Beans
Fruit
Milk/Juice 10

Chicken Nuggets
Tater Tots
Mixed Veggies
Fruit
Milk/Juice 17

Christmas
Break 24

Christmas
Break 31

W

Beef Bean Burrito
Chili/Cheese
Refried Beans
Carrots
Fruit
Milk/Juice 4

Chicken Rice
Casserole
Cooked Carrots
Celery
Rolls
Fruit
Milk/Juice 11

Frito Pie
Peas
Celery
Fruit
Milk/Juice 18

Christmas
Break 25

TH

Lasagna
Green Beans
Garlic Bread
Fruit
Milk/Juice 5

Fajita's
Refried Beans
Spanish Rice
Fruit
Milk/Juice 12

Pizza
Corn
Veggie Sticks
Fruit
Milk/Juice 19

Christmas
Break 26

F

Chicken on Bun
Baked Beans
French Fries
Broccoli
Fruit
Milk/Juice 6

Cheeseburger
Corn
Fries
Carrots
Fruit
Milk/Juice 13

PBJ & Turkey
Sandwiches
Broccoli/Carrots
Chips
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	H
G	V	K	J	G	T	L	D
E	S	O	O	U	U	M	U
V	R	A	C	P	E	C	F