



DECEMBER

2019

GOOD EATS AT

All Pastas with Garlic Bread

SPECIAL ANNOUNCEMENTS

I'm **POWERFUL PETE**

Healthy Innovations.
 This Institution is an equal Opportunity Provider.
 Foodservice Director: Armando Rodriguez, or Nutritionist Manager Paula (520) 495-5533
 MENUS SUBJECT TO CHANGE
menus@healthynovationsaz.com

M	T	W	TH	F
Chicken Tenders Veggie Wrap Corn Fruit of the day, Variety Milk 2	Sloppy Joe Grilled Cheese Carrots Fruit of the day Variety Milk 3	Chicken Quesadilla Cheese Quesadilla Refried Beans Fruit of the day, Variety Milk 4	Hot Dogs Mac & Cheese Cucumbers Fruit of the day Variety Milk 5	Pepperoni Pizza Cheese Pizza Romaine Salad Fruit of the day, Variety Milk 6
Chicken Enchilada casserole Cheese Enchilada casserole Corn Fruit of the day Variety Milk 9	Cheeseburger PB&J Uncrustables Green Beans Fruit of the day Variety Milk 10	Beef Nacho Cheese Nachos Refried Beans Fruit of the day Variety Milk 11	Orange Chicken Veggie Wrap Carrots Fruit of the day Variety Milk 12	Pepperoni Pizza Cheese Pizza Romaine Salad Fruit of the day, Variety Milk 13
Chicken Patty Sandwich Grilled Cheese Green Beans Fruit of the day Variety Milk 16	Spaghetti w meat sauce Spaghetti w sauce Carrots Fruit of the day, Variety Milk 17	Chicken Tacos Bean Cheese Tacos Refried Beans Fruit of the day, Variety Milk 18	French Toast & Sausage Potatoes Fruit of the day Variety Milk 19	NO SCHOOL 20
NO SCHOOL 23	NO SCHOOL 24	CHRISTMAS DAY NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27
NO SCHOOL 30	NEW YEARS EVE NO SCHOOL 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

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