



# DECEMBER

2019

**GOOD EATS AT**

## Breakfast

*Menu Items are subject to change based on costs and availability*

## SPECIAL ANNOUNCEMENTS

Students with Food Allergies **MUST** have doctors documentation provided to nurse and kitchen staff

- > Dairy
- < Egg
- \* Gluten
- + Mushroom
- ~ Corn
- ^ Pineapple

Questions? Contact

[kimberlywilson@austin.utexas.edu](mailto:kimberlywilson@austin.utexas.edu)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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I'm **POWERFUL PETE**

M	T	W	TH	F
Scrambled Egg Taco* < Mixed Fruit Milk 2	Cinnamon Dippers with Chocolate or Cinnabutter Dip Apple Milk 3	Biscuit* > with Chicken Patty* Pear Milk 4	Gingerbread Pancake* <> Turkey Bacon Orange Syrup Milk 5	French Toast Bake* <> Mixed Fruit Milk 6
Breakfast Pizza* <> Apple Milk 9	Apple Pie Oatmeal > Banana Dried Fruit Milk 10	Biscuit* > with Scrambled Eggs Pear Milk 11	Pancake* <> Turkey Bacon Orange Syrup Milk 12	Sausage Breakfast Muffin* Mixed Fruit Milk 13
Cinna'square* <> Apple Milk 16	Peach Crisp <> Sunshine Fruit Mix Milk 17	Biscuit* > with Cream Gravy* > Pear Milk 18	Candy Cane Pancake* <> Turkey Bacon Orange Syrup Milk 19	 WINTER BREAK NO SCHOOL! 20
 WINTER BREAK NO SCHOOL! 23	 WINTER BREAK NO SCHOOL! 24	 WINTER BREAK NO SCHOOL! 25	 WINTER BREAK NO SCHOOL! 26	 WINTER BREAK NO SCHOOL! 27
 WINTER BREAK NO SCHOOL! 30	 WINTER BREAK NO SCHOOL! 31			





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## Lunch

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M	T	W	TH	F
Catfish Strips*~ Broccoli Cheddar Rice> Sweet Potato Bites Apple Milk 2	Korean Beef Taco* Crunchy Slaw Steamed Corn Orange Milk 3	Cajun Chicken Patty Sandwich* Lettuce Leaf Sliced Tomatoes BBQ Beans Pear Milk 4	Beefy Marinara over Pasta* Green Beans with Mushrooms+ Banana Milk 5	Cuban Pork Flatbread*<> Shredded Lettuce with Pico De Gallo Caesar Salad> Mixed Fruit Milk 6
Chicken Sausage Jambalaya Steamed Corn Apple Milk 9	Chicken Enchilada Taco*> Shredded Lettuce with Pico De Gallo Charro Beans Pear Milk 10	Beef and Broccoli Stir Fry Chow Mein* Steamed Carrots Orange Milk 11	Chicken Biscuit*> Broccoli Florets Grapes Milk 12	Mexican Pizza*<> Tomato with Corn Salad Mixed Fruit Milk 13
Grilled Cheese Sandwich*> Tomato Basil Soup Mixed Veggies~ Apple Milk 16	SW Turkey Taco* Shredded Lettuce with Pico De Gallo Fiesta Beans Grapefruit Milk 17	Chicken with Potatoes Hash Rice Pear Milk 18	Meatball Sub* Broccoli with Cauliflower Banana Milk 19	 WINTER BREAK NO SCHOOL! 20
 WINTER BREAK NO SCHOOL! 23	 WINTER BREAK NO SCHOOL! 24	 WINTER BREAK NO SCHOOL! 25	 WINTER BREAK NO SCHOOL! 26	 WINTER BREAK NO SCHOOL! 27
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# 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	A	F	D	E	T
L	K	L	R	Y	T	E
B	W	S	D	I	G	V
A	W	T	O	R	L	W
E	T	S	D	C	T	S
T	O	A	F	N	A	H
G	L	V	K	J	G	L
E	O	O	T	S	E	M
V	A	C	R	L	F	C