



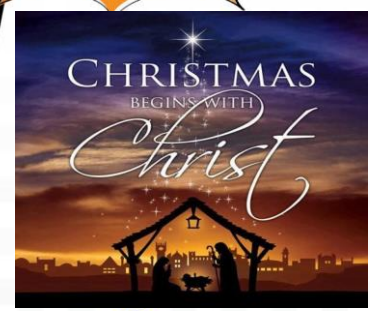
DECEMBER

2019

GOOD EATS AT



SPECIAL ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

I'm
**POWERFUL
PETE**

M	T	W	TH	F
Meal 6 Wow Butter w/ jelly Honey Graham Crackers Cheez-its Peaches Juice Milk 2	Meal 7 BBQ Chicken Cup Crackers Educational Cookies Mandarin Oranges Sunflower Kernels Juice Milk 3	Meal 8 Swiss Cheese Beef Stick Corn Chips Applesauce Sunflower Kernels Juice Milk 4	Meal 9 Bacon Cheese Cup Pretzels Sticks Crackers Applesauce Sunflower Kernels Juice Milk 5	Meal 10 Mozzarella Cheese Stick Beef Stick Salsa Cup Corn Chips Sunflower Kernels Juice Milk 6
Meal 6 Wow Butter w/ jelly Honey Graham Crackers Cheez-its Peaches Juice Milk 9	Meal 7 BBQ Chicken Cup Crackers Educational Cookies Mandarin Oranges Sunflower Kernels Juice Milk 10	Meal 8 Swiss Cheese Beef Stick Corn Chips Applesauce Sunflower Kernels Juice Milk 11	Meal 9 Bacon Cheese Cup Pretzels Sticks Crackers Applesauce Sunflower Kernels Juice Milk 12	Meal 10 Mozzarella Cheese Stick Beef Stick Salsa Cup Corn Chips Sunflower Kernels Juice Milk 13
Meal 6 Wow Butter w/ jelly Honey Graham Crackers Cheez-its Peaches Juice Milk 16	Meal 7 BBQ Chicken Cup Crackers Educational Cookies Mandarin Oranges Sunflower Kernels Juice Milk 17	Meal 8 Swiss Cheese Beef Stick Corn Chips Applesauce Sunflower Kernels Juice Milk 18	Meal 9 Bacon Cheese Cup Pretzels Sticks Crackers Applesauce Sunflower Kernels Juice Milk 19	Meal 10 Mozzarella Cheese Stick Beef Stick Salsa Cup Corn Chips Sunflower Kernels Juice Milk 20
Holiday 23	Holiday 24	Holiday 25	Holiday 26	Holiday 27
Holiday 30	Holiday 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!



POWERFUL PETE'S FAVORITE ACTIVITIES
Ice Skating and Hockey

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.



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