



DECEMBER

COLUMBUS COMMUNITY SCHOOLS

2019

GOOD EATS AT

Menus may be changed due to Circumstances beyond our control.

Juice, milk, and cereal offered daily with breakfast.

Milk choices served daily with lunch. Pre-k white milk only.

SPECIAL ANNOUNCEMENTS

Also available instead of main entrée: MS/HS Cold meat Sandwich, Chef Salad, Or cereal w/ PB&J sandwich & 1 cheese stick.

Roundy 4-6 grade: cereal w/ PB&J sandwich & 1 cheese stick or Chef salad.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M	T	W	TH	F
French Toast Sticks Turkey Wrap w/ lettuce, Cheese and tomato Tatar Tots Butter Beans Banana 2	Breakfast Pizza-Egg/ Bacon or Sausage Beef & Noodles Mashed Potatoes Corn Peaches 3	Yogurt Parfait Macaroni & Cheese Little Smokies Green Beans Apricot, & Cookie NATIONAL COOKIE DAY 4	Scrambled Eggs & Ham Toast Egg Roll California Blend Rice, Pineapple Fortune Cookie 5	Long John & Fruit Pizza Broccoli w/ Cheese Breaded Cheese Stick Apples in a bag 6
Omelet Wrap Beefy Cheesy Nachos Corn Applesauce 9	Cereal, PB&J Sandwich Lasagna Romaine Lettuce w/ Dressing, Garlic Toast, Peaches 10	Mini Cinnamon or Strawberry Bagels Chicken Nuggets Mashed Potatoes Baked Beans Strawberries NATIONAL BAGEL DAY! 11	Breakfast Pizza Egg/ Bacon or Sausage Tomato Soup Grilled Cheese, Celery & Carrot Stick Crackers & Pears 12	Sausage Gravy & Biscuits Hot Ham & Cheese Smiles Grapes 13
Pancakes & Sausage Chicken Wrap Lettuce, Cheese, Rice, Refried Beans Applesauce 16	Muffin & Fruit XMAS DINNER Ham slice, Mashed potatoes, Corn, Roll, Sweet Potatoes, Peaches & Ice Cream 17	Assorted Breakfast Entrée Assorted Lunch Entrees Mandarin Oranges 18	BREAKFAST w/SANTA BREAKFAST PIZZA Chili Crispito w/ Cheese Sauce Romaine Lettuce Mixed Fruit Churro 19	Cinnamon Bun Hot Dog on a bun Sun chips Carrots in a bag Apples in a bag Cookie 20
NO SCHOOL 23	24	CHRISTMAS DAY! Merry Christmas 25	26	27
30	31			

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	L	D	
E	S	O	O	U	U	M	
V	R	A	C	P	E	F	