



DECEMBER

2019

Hancock County Middle/High

GOOD EATS AT

- Served Daily with Breakfast:
- Fruit
 - Cereal
 - Pop-Tarts
 - Milk/Juice
- Served Daily with Lunch:
- Salad Bar
 - Fruit
 - Milk

SPECIAL ANNOUNCEMENTS

Christmas Dinner
December 17th
Free Lunch for Staff
December 12th



I'm **POWERFUL** PETE

M	T	W	TH	F
<p>Sausage Biscuit Lunch Original or Spicy Chicken Sandwich Chips Broccoli & Cheese 2</p>	<p>French Toast Sticks Lunch Subway Day Ham Hoagie Chips Baked Beans 3</p>	<p>Cinnamon Rolls Lunch Chicken Tenders Potato Wedges Carrots Roll 4</p>	<p>Pancake Sausage Wrap Lunch Vegetable Soup Grilled Cheese Corn 5</p>	<p>Gravy Biscuit, Bacon LUNCH Cheeseburger Curly Fries Broccoli Ice Cream 6</p>
<p>Breakfast Pizza Lunch Chilli, Chips, and Cheese Mexican Corn or Salsa 9</p>	<p>Chicken Biscuit Lunch BBQ Sandwich Baked Beans Slaw 10</p>	<p>Muffins Lunch Chicken Tenders Mashed Potatoes Broccoli Roll 11</p>	<p>Bacon Biscuit Lunch Chicken Noodle Soup Grilled Cheese Baked Apples 12</p>	<p>Gravy Biscuit, Eggs Lunch Chicken Fajita Nachos Chips Queso Cheese Rice 13</p>
<p>Sausage Biscuit Lunch Stuffed Crust Cheese or Pepperoni Pizza French Fries Green Beans 16</p>	<p>Cinnamon Toast Strudel Lunch Baked Ham Mashed Potatoes Green Beans Banana Pudding 17</p>	<p>Apple Cinnamon Toast Lunch Chicken Tenders Potato Babies Green Beans Roll 18</p>	<p>Pancakes LUNCH Cheeseburger Curly Fries Broccoli 19</p>	<p>Gravy Biscuit, Bacon ½ Day Dismiss @ 11:30 20</p>
<p>Christmas Break 23</p>	<p>Christmas Break 24</p>	<p>Christmas Break 25</p>	<p>Christmas Break 26</p>	<p>Christmas Break 27</p>
<p>Christmas Break 30</p>	<p>Christmas Break 31</p>			



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