



# NOVEMBER

2020

VISTA DEL FUTURO CHARTER SCHOOL - BREAKFAST



<b>Assorted cereal</b> <b>Cookies</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Mini Donuts</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Cereal bar</b> <b>Yogurt</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Scrambled eggs - Biscuit</b> <b>Bacon</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Chocolate chip cookies</b> <b>Cheese string</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>
<b>Assorted cereal</b> <b>Cookies</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Cinnamon sugar donut</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>NO SCHOOL</b>	<b>Cinnamon roll</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>	<b>Egg sausage biscuit</b> <b>Sandwich</b> <b>Juice</b> <b>Fruit</b> <b>Milk</b>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>

**Assorted cereal**  
**Cookies**  
**Juice**  
**Fruit**  
**Milk**

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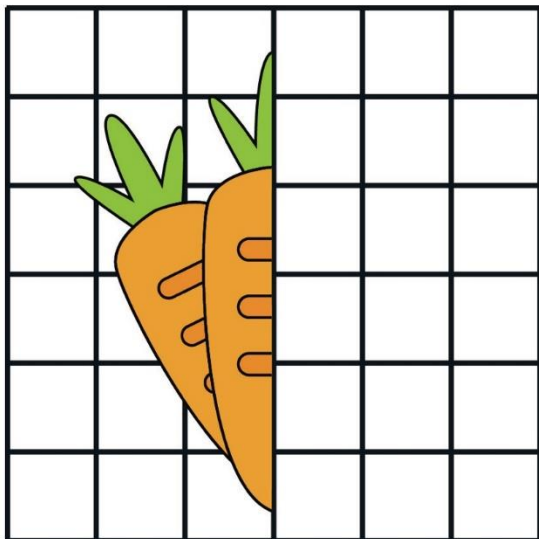




# COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

## COMPLETE THE DRAWING



## DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

