



NOVEMBER

2020

VISTA DEL FUTURO CHARTER SCHOOL - LUNCH



Chicken Tenders Mashed potatoes Macaroni and cheese Fruit Milk	Home-Style Pizza Mixed Vegetables Baby Carrots Fruit Milk	Spaghetti w/ meat sauce Carrots-Garlic bread Green beans Fruit Milk	Chicken Sandwich Lettuce/Tomato Curly Fries Fruit Milk	Cheese sticks Marinara sauce Peas Fruit Milk
Nachos Pinto beans Corn Fruit Milk	Chicken Mandarin Oriental Noodles Broccoli Fruit Milk	NO SCHOOL	Sliced turkey w/ gravy Mashed Potatoes- Green beans Pumpkin pie Fruit	Home Style Pizza Green salad Cucumber Sticks Fruit Milk
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Chicken Nuggets Corn on the cob -Carrots Rice krispies treat Fruit Milk	<p>Special Announcements: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be available in languages other than English.</p>			

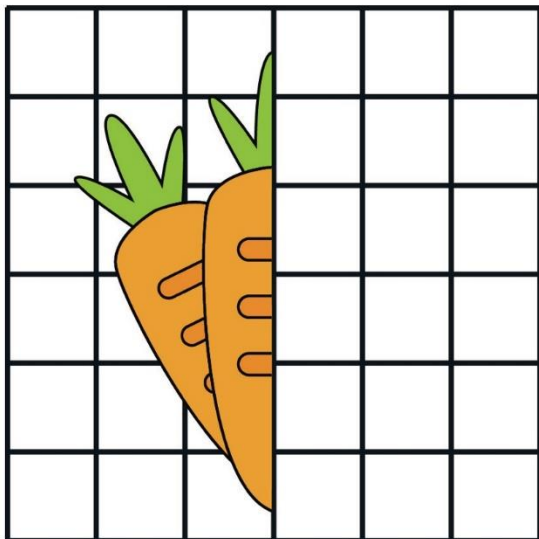




COMET CARROTS

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.

