



DECEMBER

2020

VISTA DEL FUTURO CHARTER BREAKFAST



<p>m</p>	<p>t</p> <p>Mini Donuts Juice Fruit Milk</p> <p>1.</p>	<p>w</p> <p>Cereal bar Yogurt Juice Fruit Milk</p> <p>2.</p>	<p>th</p> <p>Scrambled eggs - Biscuit Bacon Juice Fruit Milk</p> <p>3.</p>	<p>f</p> <p>Chocolate chip cookies Cheese string Juice Fruit Milk</p> <p>4.</p>
<p>Assorted cereal Cookies Juice Fruit Milk</p> <p>7.</p>	<p>Cinnamon sugar donut Juice Fruit Milk</p> <p>8.</p>	<p>Pancakes w/ syrup Juice Fruit Milk</p> <p>9.</p>	<p>Cinnamon roll Juice Fruit Milk</p> <p>10.</p>	<p>Egg sausage biscuit Sandwich Juice Fruit Milk</p> <p>11.</p>
<p>Assorted cereal Cookies Juice Fruit Milk</p> <p>14.</p>	<p>Breakfast Pizza Juice Fruit Milk</p> <p>15.</p>	<p>Poptarts Juice Fruit Milk</p> <p>16.</p>	<p>Potatoes w/ chorizo Flour tortilla Fruit Milk</p> <p>17.</p>	<p>French Toast w/ syrup Juice Fruit Milk</p> <p>18.</p>
<p>NO SCHOOL</p> <p>21.</p>	<p>NO SCHOOL</p> <p>22.</p>	<p>NO SCHOOL</p> <p>23.</p>	<p>NO SCHOOL</p> <p>24.</p>	<p>NO SCHOOL</p> <p>25.</p>
<p>NO SCHOOL</p> <p>28.</p>	<p>NO SCHOOL</p> <p>29.</p>	<p>NO SCHOOL</p> <p>30.</p>	<p>NO SCHOOL</p> <p>31.</p>	

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GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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