

# Harvest of the Month

Network for a Healthy California



Botanical name: *Ipomoea batatas*

## SWEET POTATOES

Circle all meals on the menu that contain a yellow or orange fruit or vegetable.

- How many did you find?
- How many meals contain sweet potatoes?
- What do you like best about sweet potatoes?

# February 2020

## Alta Vista School Breakfast Menu

3	4	5	6	7
Breakfast Pizza	Fruit and Yogurt Parfait	French Toast Sticks	Mini Pancakes	Breakfast Burrito
10	11	12	13	14
Egg and Sausage Breakfast Sliders	Breakfast Burrito	French Toast Sticks	Egg, Cheese, Bacon Breakfast Toast	Sausage and Cheese Breakfast Sandwich
17	18	19	20	21
24	25	26	27	28
Breakfast Pizza	Fruit and Yogurt Parfait	French Toast Sticks	Mini Pancakes	Breakfast Burrito

Available Everyday
Bagel and Cream Cheese

Seasonal fruits and vegetables featured daily on our Choice Bar and included with every meal!

Wonderful White (1% unflavored) and Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!

Menu Subject to Change Without Notice

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# February 2020 Alta Vista School Lunch Menu

**Seasonal  
fruits and  
vegetables  
featured  
daily on our  
Choice Bar  
and  
included  
with every  
meal!**

3	4	5	6	7
Pizza Sticks and Marinara Sauce	Cheese Quesadilla with Doritos Chips	Chicken Tenders with Fries	Los Cabos Ultra Bean and Cheese Burrito	Pizza Slice
10	11	12	13	14
Walking Taco	Chicken Patty Sandwich	Pepperoni Pizza Pocket	Chicken Soft Tacos	Cheesy Breadsticks with Marinara Sauce
17	18	19	20	21
24	25	26	27	28
Grilled Cheese with Chips	Pizza Pocket with Chips	Jumbo Corn Dog with Fries	Walking Taco	Pizza Slice

**Wonderful White (1% unflavored) and  
Charming Chocolate (fat-free flavored) Milk Offered With Every Meal!**

**Menu Subject to Change Without Notice**

Grab-and-Go Lunch Option:

Deli Sandwich Bistro Box

# SWEET POTATO ACTIVITIES

## Fill in the Blank

Complete the sentences using the following words:

root vegetable    vitamin A    yams    beta carotene

- Sweet potatoes are very high in \_\_\_\_\_.
- Sweet potatoes are often mistaken for \_\_\_\_\_.
- Sweet potatoes are a kind of \_\_\_\_\_.
- Sweet potatoes are orange because they contain \_\_\_\_\_.

## Fiber Word Search

Circle these high-fiber foods in the puzzle. Look up, down, and sideways.

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

APPLE  
BAKED BEANS  
BROCCOLI  
CARROTS  
OATMEAL  
PEAR  
POTATO  
STRAWBERRY  
WHOLE WHEAT BREAD

## Reasons to Eat Sweet Potatoes

A ½ cup of sweet potatoes has lots of vitamin A and vitamin C. Vitamin A helps keep your vision good, helps your body fight infections, and keeps your skin healthy.



## Nutrition Facts

Serving Size: ½ cup baked sweet potatoes (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

## Vitamin A Champions\*

Carrots, kale, pumpkin, spinach, sweet potatoes, and turnip greens.

\*Vitamin A Champions are a good or excellent source of vitamin A (at least 10% Daily Value).

## How Much Do I Need?

A ½ cup of sweet potatoes is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.

Look at the chart below to find the amount that is right for you to help keep you healthy and strong. Write down all the different fruits and vegetables you like to eat (fresh, frozen, canned, and dried). Share this list with a family member and talk about how you can eat them in meals and snacks.

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 8½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

Answers: 1. Vitamin A, 2. yams, 3. root vegetable, 4. beta carotene



For CalFresh Information, call 1-877-847-3863. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.calchampionforchange.net](http://www.calchampionforchange.net) for healthy tips. © California Department of Public Health 2010.



# Make your meals 5 Stars!



Entrees are made of protein and grains

Fruit

Veggies

Milk

## A Breakfast Meal Will Have:

To make a meal at breakfast, your plate will have at least ONE fruit choice and an entree

That's THREE stars!



## A Lunch Meal Will Have:

To make a meal at lunch, your plate will have at least one fruit or vegetable choice and an entree

That's FOUR stars!



## Milk is your choice!

Do you want a full plate? Pick out a Wonderful White or Charming Chocolate Milk

That's FIVE stars!

