



# December Fun Facts



Palmyra Eagle Area Schools


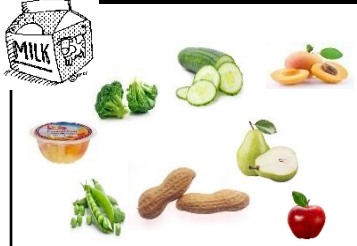





Monday

Tuesday

Wednesday

Thursday

Friday

				<p>1</p> <p>Today's lunch includes a cheese omelet.</p> <p>Did you know that it takes 10 pounds of milk to make 1 pound of cheese?</p>
<p>4</p> <p>Did you know that corn comes in many colors including black, blue, purple, green, red, white and the most common yellow? Yellow corn is on the menu for today.</p> 	<p>5</p> <p>Romaine lettuce is being served today for your salad.</p> <p>Did you know that lettuce is a member of the sunflower family?</p>	<p>6</p> <p>We have omelets on the menu today.</p> <p>Did you know that chickens can lay eggs that are white, brown, blue or green?</p>	<p>7</p> <p>There are two categories for squash- summer and winter. The acorn squash on the menu today is a winter squash. A squash variety such as zucchini is a summer squash.</p>	<p>8</p> <p>The human body turns beta-carotene into vitamin A, and carrots are one of the best sources of beta-carotene. Vitamin A is important for good vision, healthy bones, teeth &amp; skin. So, eat your carrots at lunch today!</p>
<p>11</p> <p>The cheese on the pizza for lunch today is made with cow's milk. Around the world, cheese is also made with milk from buffalo, goat, horse and even camel.</p>	<p>12</p> <p>Did you know that lettuce actually started out as a weed? I wish all of the weeds in my garden were that delicious. Have some weeds- I mean lettuce on your fajita today.</p>	<p>13</p> <p>Every day at lunch, there are pitchers of water set out, if you'd like some. Did you know that cows drink 35 gallons of water a day?</p>	<p>14</p> <p>Celery is on today's menu.</p> <p>Did you know that the seeds from celery are used as a spice?</p> 	<p>15</p> <p>Bell Peppers come in many colors including green, red, purple, orange, yellow and brown.</p> <p>On today's menu we have red and green peppers.</p> 
<p>18</p> <p>Q: What do computers eat for lunch?</p> <p>A: Chips</p> 	<p>19</p> <p>If you eat some of the three bean salad at lunch today, you'll be eating healthy. Beans are a good source of vitamin B6, Iron, Magnesium, Potassium, Protein, vitamin C, Thiamin, riboflavin, Niacin, Folate, Copper and Manganese- all in one salad!</p>	<p>20</p> <p>There are at least 10,000 different kinds of tomatoes, from the small cherry tomatoes that are in the corn and tomato salad today, to Ponderosa tomatoes that weigh over 3 pounds.</p>	<p>21</p> <p>Lettuce is the second most popular vegetable in the US – potatoes are first. I hope you'll have some salad with your lunch today.</p>	<p>22</p> <p>Q: What do Santa's elves learn in school?</p> <p>A: The Elfabet</p>