

MAY



Special Announcements

Fruit, Fruit Juice, Water, and a Milk Variety are offered daily for breakfast

Offered daily for Lunch: Fruit variety, Milk variety, Water, also Fruit juice for 9th-12th grades

Salad Entrée available



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 *Breakfast Strudel, Cheese Stick</p> <p>**Fish Sticks or Taquitos w/Queso, Charro Beans, Garden Salad, Grapes</p>	<p>2 *French Toast, Yogurt</p> <p>**Asian Stir Fry, Egg Roll, Steamed Broccoli, Pineapple</p>	<p>3 *Sausage Kolache, Cheese Stick</p> <p>**Grilled Cheese Sandwich w/Soup or Corndogs, Tater Tots, Baby Carrots, Apple Slices</p>	<p>4 *Rolled Breakfast Tacos</p> <p>**Philly Cheese Steak Sandwich or Meatball Sub, Chips, Veggie Cup, Fruit Cup</p>	<p>5 *Mini Pancakes, Yogurt</p> <p>**Pizza, Garden Salad, California Blend Veggies, Sliced Peaches</p>
<p>8 *Breakfast Bread Slice, Yogurt</p> <p>**Lasagna or Ravioli w/Meat Sauce, Bread Stick, Garden Salad, Tuscan Veggies, Fruit Cup</p>	<p>9 *Biscuit & Sausage</p> <p>**Chicken Quesadilla, Seasoned Corn, Charro Beans, Salsa, Applesauce</p>	<p>10 *Stuffed Bagel</p> <p>**Sloppy Joe Sandwich, Fries, Cucumber Dippers, Fresh Fruit, Cookie</p>	<p>11 *Waffles & Yogurt</p> <p>**Salisbury Steak, Biscuit, Brown Gravy, Roasted Potatoes, Garden Salad, Fruit Cup</p>	<p>12</p> <p>NO SCHOOL</p>
<p>15 *Cinnamon Pull-a-Parts</p> <p>**Tex Mex Plate, Spanish Rice, Refried Beans, Salsa, Tiny Tomato Cup, Fruit</p>	<p>16 *Breakfast Muffin, Yogurt</p> <p>**Popcorn Chicken or Chicken Nuggets, Fries, Cucumber Dippers, Fruit, Cookie</p>	<p>17 *Pancake Wrap</p> <p>**BBQ Sandwich, Chips, Baby Carrots, Cookies</p>	<p>18 *Breakfast Pizza</p> <p>**Deli Sub Sandwich with all the fixins!</p>	<p>19 *Waffle & Cheese Stick</p> <p>*Sack Lunches</p>
<p>22</p> <p>HAPPY SUMMER!!!!</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>Good Eats At:</p> <p>SANDS</p>	

Squash

Squash! Squash grow above the ground on vines and are in the same family as pumpkins. The most popular types of squash you see in the grocery stores are named after their growing seasons, summer and winter. The entire squash is edible: the outside skin, inside flesh and the seeds.

Vitamin A: One of the main nutritional benefits of squash is its serving of vitamin A. Your eyes use vitamin A to see at night and recognize colors.

Growing Regions: East Texas, Rio Grande Valley and Winter Garden



Papaya

Even though papayas look like melons they are actually classified as berries and grow on giant herb type plants, not trees. These plants can reach up to 30 feet in height if the trunk is straight and healthy. In addition to the sweet orange centers, the seeds of a papaya can be eaten and have a spicy, peppery taste.

Vitamin C: Papaya's are great source of vitamin C. Your body needs vitamin C to grow and repair tissues in your skin and muscles

Growing Region: Rio Grande Valley



HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

Visit: SquareMeals.org/SeasonalityWheel

MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

Did You Know?

The English word "squash" comes from a Native American word, askutasquash, which means "eaten raw or uncooked."

14 1 20 9 22 5

1 13 5 18 9 3 1 14 19

used squash as a valuable food source to survive the harsh winters.

Joke of the Month

Q. What instrument does the squash love to play?
see answer below.



Growing Regions



Joke Answer: An a-squash-an
Message: Native American