

MAY



Special Announcements

EVERYDAY AT BREAKFAST ASSORTED FRUITS & JUICES WILL BE OFFERED. ALSO AN OPTION OF CEREAL OF TOAST

AT BREAKFAST & LUNCH A VARIETY OF MILK & FRUIT WILL BE OFFERED

EVERYDAY THERE WILL BE AN ALTERNATE MEAL OFFERED OF PB&JELLY OR A LUNCHABLE



Monday	Tuesday	Wednesday	Thursday	Friday
1 POPARTS CORNDOGS RANCHSTYLE BEANS STEAMED BROCCOLI	2 MINI PANCAKES CHICKEN STRIPS GREEN BEANS MASHED POTATOES & GRAVY ROLLS	3 KOLACHES BURRITOS WITH CHILI & CHEESE PINTO BEANS	4 MUFFINS PIZZA WK CORN STEAMED BROCCOLI CARROTS STICKS	5 SAUSAGE BISCUITS HAMBURGERS SALAD CUP FRENCH FRIES
8 BREAKFAST PIZZA CHICKEN RINGS RANCHSTYLE BEANS MAC & CHEESE	9 PB & JELLY CF PORKCHOPS GREEN BEANS MASHED POTATOES & GRAVY ROLL	10 SCRAMBLED EGGS & TOAST TACO SALAD PINTO BEANS	11 FRENCH TOAST SPAGHETTI WITH MEAT SAUCE BLACK-EYED PEAS RAW BROCCOLI, CARROTS, OR CELERY CHEESE STICKS	12 PANCAKE ON A STICK HAM & CHEESE CROISSANT SALAD CUP CHIPS
15 OATMEAL FRITO PIE PINTO BEANS RAW BROCCOLI, CARROTS, OR CELERY	16 FRENCH TOAST CF STEAK GREEN BEANS MASHED POTATOES & GRAVY ROLL	17 KOLACHES CHICKEN FAJITAS REFRIED BEANS SPANISH RICE	18 DONUTS PIZZA POCKETS WK CORN STEAMED BROCCOLI CARROT STICKS	19 SAUSAGE BISCUITS HAMBURGERS SALAD CUP FRENCH FRIES
22 POPARTS BEEF & CHEESE NACHOS PINTO BEANS CARROT STICKS	23 CINNAMON STICKS SALISBURY STEAK GREEN BEANS MASHED POTATOES & GRAVY CORNBREAD	24 SCRAMBLED EGGS & TOAST CHICKEN CRISPITOS REFRIED BEANS SPANISH RICE	25 MUFFINS LASAGNA STEAMED BROCCOLI WK CORN	26 PANCAKE ON A STICK CHICKEN SANDWICHES SALAD CUP FRENCH FRIES
29 MEMORIAL DAY ENJOY YOUR DAY OFF	30 POT LUCK	31 POT LUCK	<p>Good Eats At:</p> <p>1. POT LUCK 2. POT LUCK</p>	

Squash

Squash It! 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



Like Answer: An accordion
Message: Native Americans