

MAY



Special Announcements

JR. High lunch
meal prices:
breakfast \$2.00 reduced \$.30
lunch \$2.75 reduced \$.40
fresh fruit is offered daily
1% white milk
fat free chocolate milk
menu is subject to change!!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury steak Mashed potatoes Roll Glazed carrots Blueberries Milk	2 Spaghetti/meat sauce Spinach strawberry salad mix veggies Peaches Milk	3 Cheese enchiladas Pinto beans Tossed salad Strawberries Milk	4 Mini corn dogs Mac & cheese Green peas mix fruit Milk	5 Breaded chicken sandwich Salad cup Applesauce cup Milk
8 Steak fingers Mashed potatoes Roll Steamed broccoli Peaches Milk	9 Pizza Golden corn Mix veggies Rosy apple sauce Milk	10 Chicken fajitas Pinto beans Tossed salad Blueberries Milk	11 Lasagna Garden salad Green peas Mix fruit Milk	12 Grilled chicken sandwich Salad cup Chips Berry blend Milk
15 Chicken nuggets Mashed potatoes Roll Glazed carrots Strawberries Milk	16 Hot dog Baked beans Chips Blueberries Milk	17 Bean & cheese burritos Tossed salad Berry blend Milk	18 Chicken Alfredo Steamed broccoli Mix veggies Peaches Milk	19 Meat ball subs veggie sticks Chips Applesauce cup Milk
22 Corn dog Baked beans Sweet peas Peaches Milk	23 Manager's choice	24 Manager's choice	25 Manager's choice	26 Manager's choice
29	30	31	<div data-bbox="1092 1824 1411 1862" data-label="Text"> <p>Good Eats At:</p> </div>	

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.



East Texas

Winter Garden

Rio Grande Valley

Growing Regions



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