

MAY



Special Announcements

Jr High breakfast:
 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 Pancake on a stick Or Cereal/toast Fruit juice Milk	2 Pancakes Or Cereal/toast Fruit juice Milk	3 Breakfast pizza Or Cereal/toast Fruit juice Milk	4 Muffin Or Cereal/toast Fruit juice Milk	5 Yogurt cup/toast Or Cereal/toast Fruit juice Milk
8 French toast Or Cereal/toast Fruit juice Milk	9 Egg omelet Or Cereal/toast Fruit juice Milk	10 Biscuits/gravy Or Cereal/toast Fruit juice Milk	11 Waffles Or Cereal/toast Fruit juice Milk	12 Breakfast sandwich Or Cereal/toast Fruit juice Milk
15 Pancake on a stick Or Cereal/toast Fruit juice Milk	16 Pancakes Or Cereal/toast Fruit juice Milk	17 Breakfast pizza Or Cereal/toast Fruit juice Milk	18 Muffin Or Cereal/toast Fruit juice Milk	19 Pancake on a stick Or Cereal/toast Fruit juice Milk
22 Breakfast pizza Or Cereal/toast Fruit juice Milk	23 Manager's choice Or Cereal/toast Fruit juice Milk	24 Manager's choice Or Cereal/toast Fruit juice Milk	25 Manager's choice Or Cereal/toast Fruit juice Milk	26 Manager's choice Or Cereal/toast Fruit juice Milk
29	30	31	<div data-bbox="1094 1827 1409 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