

MAY



Special Announcements

Elementary 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!!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER KID WELLS

Monday

Tuesday

Wednesday

Thursday

Friday

1 Steak fingers
mashed potatoes
roll
Glazed carrots
strawberries
milk

2 Pizza
golden corn
mix veggies
blueberries
milk

3 Chicken taquitos
pinto beans
tossed salad
peaches
milk

4 Beef stroganoff
over noodles
garden salad
mix fruit
milk

5 Grilled chicken sandwich
potato smiles
salad cup
applesauce cup
milk

8 Chicken nuggets
mashed potatoes
roll
Steamed broccoli
blueberries
milk

9 Cheese sticks/marinara
sauce
bread stick
mix veggies
berry blend
milk

10 Bean & cheese burritos
Spanish rice
tossed salad
mix fruit
Milk

11 Corn dog
baked beans
broccoli salad
rosy apple sauce
milk

12 Ham & cheese Sandwich
Chips
veggie sticks
peaches
milk

15 Salisbury steak
mashed potatoes
roll
Roasted broccoli
mix fruit
milk

16 Spaghetti w/meat sauce
Spinach strawberry
salad
mix veggies
peaches
milk

17 Crispy tacos
tossed salad
pinto beans
strawberries
milk

18 Pizza
garden salad
golden corn
applesauce cup
milk

19 Hot dog
chips
baby carrots/ranch
blueberries
milk

22 Steak fingers
mashed potatoes
roll
Roasted broccoli
strawberries
milk

23 Managers
Choice

24 Managers
Choice

25 Managers
Choice

26 Managers
Choice

29

30

31

Good Eats At:

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-squid-ian
Message: Native American