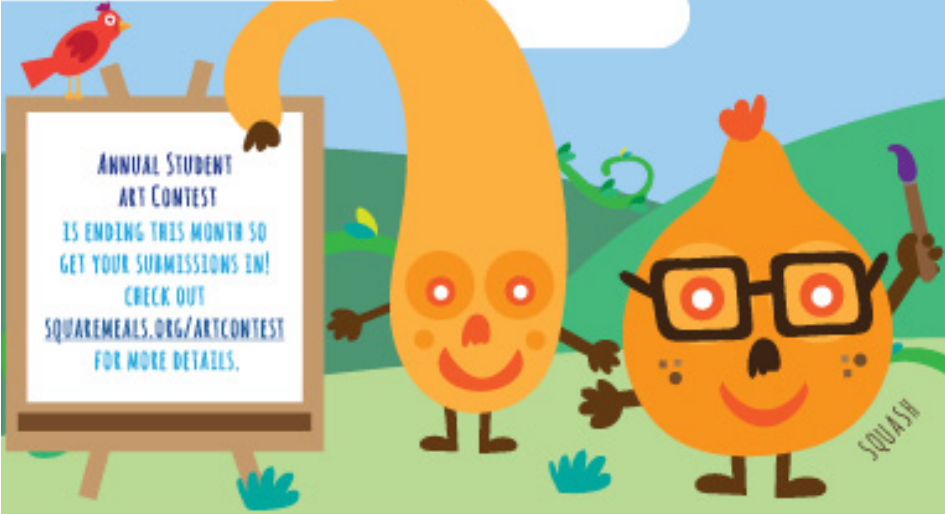


# MAY



## Special Announcements

### Breakfast Menu:

- \*Cereal offered daily with fruit and milk
- \*Monday – Breakfast Pizza or French Toast Sticks
- \*Tuesday – Pancake Sausage on Stick or Brown Sugar Oatmeal
- \*Wednesday – Cinnamon Roll or Pancake
- \*Thursday – Waffles or Assorted Muffins
- \*Friday – Breakfast Taco or Glazed Donut

### Breakfast Prices:

Students \$1.40 Adults \$2.00

### Lunch Prices:

Students \$2.15 Adults \$3.25



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER RICH MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Spaghetti or Chicken Nuggets & toast Cherry Tomatoes Green Beans Cinnamon Apples	<b>2</b> Chicken Quesadilla or Deli Sandwich Refried Beans Cinnamon Carrots Fruit Slush	<b>3</b> Sloppy Joe on Bun or Chicken Tornado Potato Salad Broccoli & Cheese Sliced Peaches	<b>4</b> Chili & Rice or Munchable Pinto Beans Roasted Squash Pineapple Tidbits	<b>5</b> Pepperoni Pizza or Beef Taco French Fries Marinated Cucumbers Tropical Fruit
<b>8</b> Beef Ravioli or Chicken Nuggets Toast Carrot & Celery Sticks Mixed Vegetables Sliced Pears	<b>9</b> Burrito or Deli Sandwich Pinto Beans Seasoned Corn Fruit Slush	<b>10</b> Spaghetti or Chicken Tornado Roasted Squash Green Beans Tropical Fruit	<b>11</b> Mini Corn Dogs or Munchables French Fries Side Salad & Dressing Fresh Fruit	<b>12</b> Hamburger Pizza or Beef Tacos Tater Tots Cinnamon Carrots Sliced Pears
<b>15</b> Sliced Ham or Chicken Nuggets Mac & Cheese Scalloped Potatoes Green Beans Sliced Peaches	<b>16</b> Country Fried Steak or Deli Sandwich Mashed Potato w/ Gravy Glazed Carrots Mandarin Oranges	<b>17</b> BBQ Sandwich or Chicken Tornado Baked Beans French Fries Fresh Fruit	<b>18</b> Beef Nachos or Munchables Refried Beans Green Beans Pineapple Tidbits	<b>19</b> Cheese Pizza or Beef Taco Seasoned Corn Side Salad & Dressing Banana
<b>22</b> Catfish Strips French Fries Veggie of Choice Fruit of Choice	<b>23</b> Sloppy Joe on Bun Roasted Potatoes Veggie of Choice Fruit of Choice	<b>24</b> Hamburger or Tater Tots Veggie of Choice Fruit of Choice <b>Birthday Celebration</b>	<b>25</b> Deli Sandwich Side Salad & Dressing Veggie of Choice Fruit of Choice	<b>26</b> Turkey Tacos Pinto Beans Veggie of Choice Fruit of Choice
<b>29</b> Memorial Day	<b>30</b>	<b>31</b>	<b>Good Eats At:</b> Birthday Celebration this month will include May, June, and July birthdays	

# 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 a 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](http://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

