

# 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 Bowl or Glazed Donut

### Breakfast Prices:

Students \$1.40 Adults \$2.00

### Lunch Prices:

Students \$2.15 Adults \$3.25



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER AID MULLER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Spaghetti or Chicken Nuggets & Roll Cherry Tomatoes Green Beans Cinnamon Apples	2 Chicken Quesadilla or Munchable Refried Beans Cinnamon Carrots Fruit Slush	3 Sloppy Joe on Bun or Chicken Tornado Potato Salad Broccoli & Cheese Sliced Peaches	4 Chili & Rice or Munchable Pinto Beans Roasted Squash Pineapple Tidbits	5 Pepperoni Pizza or Beef Taco French Fries Marinated Cucumbers Tropical Fruit
8 Deli Sandwich or Chicken Nuggets & Roll Carrot & Celery Sticks Mixed Vegetables Sliced Pears	9 Burrito or Munchable Pinto Beans Seasoned Corn Fruit Slush	10 Spaghetti or Chicken Tornado Roasted Squash Green Beans Tropical Fruit	11 Mini Corn Dogs or Munchables French Fries Side Salad w/ Dressing Fresh Fruit	12 Fun in the Sun Day  Hamburger Lettuce & Tomato Fresh Fruit Chips
15 Sliced Ham or Chicken Nuggets Mac & Cheese Scalloped Potatoes Green Beans Sliced Peaches	16 Country Fried Steak or Munchable Mashed Potato w/ Gravy Glazed Carrots Mandarin Oranges	17 BBQ Sandwich or Chicken Tornado Baked Beans French Fries Fresh Fruit	18 Beef Nachos or Munchables Refried Beans Green Beans Pineapple Tidbits	19 Cheese Pizza or Beef Taco Seasoned Corn Side Salad w/ Dressing Banana
22 Catfish Strips French Fries Veggie of Choice Fruit of Choice	23 Sloppy Joe on Bun Roasted Potatoes Veggie of Choice Fruit of Choice	24 Hamburger Tater Tots Veggie of Choice Fruit of Choice <b>Birthday Celebration</b>	25 Deli Sandwich Side Salad & Dressing Veggie of Choice Fruit of Choice	26 Turkey Tacos Pinto Beans Veggie of Choice Fruit of Choice
29 Memorial Day	30	31	<div data-bbox="1092 1827 1409 1862" data-label="Section-Header"> <h3>Good Eats At:</h3> </div> <div data-bbox="984 1877 1487 1944" data-label="Text"> <p>Birthday Celebration this month will include May, June, and July birthdays</p> </div>	

# 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



Joke Answer: An a-squash-in Message: Native Americans