

MAY

Special Announcements



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Breakfast Burrito Juice Milk	2	Breakfast Pizza Juice Milk	3	Hearty Breakfast Juice Milk	4	Pancake & Sausage Fruit Juice Milk	5	Cereal Juice Milk
8	Breakfast Pizza Juice Milk	9	Hearty Breakfast Juice Milk	10	Cereal Bar Fruit Juice Milk	11	Breakfast Burrito Juice Milk	12	Cereal Juice Milk
15	Kolaches Yogurt Juice Milk	16	Sausage Egg Biscuit Juice Milk	17	Breakfast Burrito Juice Milk	18	Breakfast Pizza Juice Milk	19	Cereal Juice Milk
22	Sausage Egg Biscuit Juice Milk	23	Cereal Bar Fruit Juice Milk	24	Pancake & Sausage Fruit Juice Milk	25	Muffins Yogurt Juice Milk	26	Cereal Juice Milk
29	HOLIDAY	30	Cereal Juice Milk	31	Cereal Juice Milk	<div data-bbox="974 1816 1534 1995" data-label="Text"> <p>Good Eats At:</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 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
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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-gourd-ian
Message: Native Americans