

MAY

Special Announcements



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 Crispito w/ Cheese Pinto Beans Side Salad Spanish Rice Fruit Milk | 2 Hot Dog Chili Cheese Dogs Pork-n-Beans Cole Slaw Fruit Milk | 3 Chicken Strips w/ Gravy Mashed Potatoes Green Beans Roll Fruit Milk | 4 Loaded Baked Potato w/ BBQ Baked Beans Roll Fruit Milk | 5 Cheeseburger Burger Salad Baked Fries Rings Fruit Milk |
| 8 Chicken Fried Steak Mashed Potato Green Beans Roll Fruit Milk | 9 BBQ Sandwich Baked Beans Potato Salad Fruit Milk | 10 Pizza Salad Corn Fiesta Fruit Milk | 11 Chicken Fajita Taco w/ Peppers Onions Refried Beans Salad Spanish Rice Fruit Milk | 12 Prek-6 th Field Day Sub Sandwich Chips Ice Cream 7 th -12 th Sub Sandwich Salad, Pickle Spears Chips Ice Cream Milk |
| 15 Corn Dogs Cole Slaw Pork-n-Beans Fruit Milk | 16 Burrito w/ Cheese Pinto Beans Side Salad Spanish Rice Fruit Milk | 17 Chicken Fried Steak Mashed Potato Green Beans Roll Fruit Milk | 18 Pizza Salad Corn Fiesta Fruit Milk | 19 Cheeseburger Burger Salad Baked Beans Chips Fruit Milk |
| 22 BBQ Sandwich Baked Beans Potato Salad Fruit Milk | 23 Pizza Salad Corn Fiesta Fruit Milk | 24 Salisbury Steak Mashed Potatoes Green Beans Roll Fruit Milk | 25 Chicken Nuggets Cheesy Potatoes Carrots Graham Crackers Fruit Milk | 26 Ham & Cheese Sandwich Salad Pickle Spears Pork-n-Beans Fruit Chips Milk |
| 29 HOLIDAY | 30 Managers Choice | 31 Managers Choice | Good Eats At: | |

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 |
| 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
Rio Grande Valley
Winter Garden

Growing Regions

