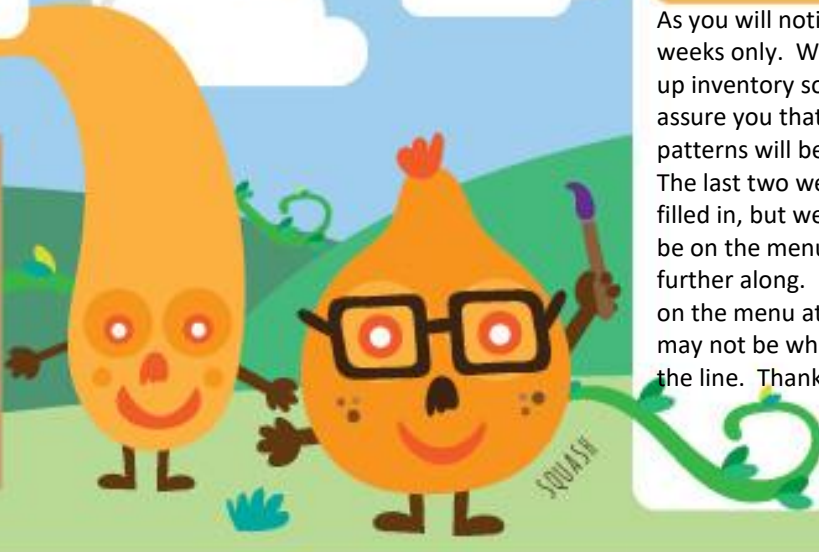


MAY



Special Announcements

As you will notice this menu is for two weeks only. We will be working on using up inventory so the menu may vary but I assure you that all guidelines on meal patterns will be met each and every day. The last two weeks of May have not been filled in, but we will let you know what will be on the menu on those days as we get further along. Remember also that what is on the menu at the beginning of the line, may not be what is served at the end of the line. Thanks.



Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST Muffin, fruit, juice, milk LUNCH Corn dog, mac & cheese, steamed carrots, broccoli, fruit, milk	2 BREAKFAST Sausage roll, fruit, juice, milk LUNCH Salisbury steak, mashed potatoes, blackeye peas, bread, fruit, milk	3 BREAKFAST Scrambled eggs, biscuit, fruit, juice, milk LUNCH Manwich, baked beans, potato wedges, fruit, milk	4 BREAKFAST Cinnamon toast, smokies, fruit, juice, milk LUNCH Chicken fajitas, corn, pinto beans, lettuce & tomato, fruit, milk	5 BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Hamburger, fries, lettuce, tomato, pickle, fruit, milk
8 BREAKFAST Sausage & biscuit, fruit, juice, milk LUNCH Beef/cheese nachos, pinto beans, corn, lettuce & tomato, fruit, milk	9 BREAKFAST Muffin, fruit, juice, milk LUNCH Chicken nuggets, potatoes, green beans, roll, gravy, fruit, milk	10 BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Oven fried fish, mac & cheese, pinto beans, fruit, milk	11 BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Spaghetti, meat sauce, carrots, broccoli, garlic toast, fruit, milk	12 BREAKFAST Sausage roll, fruit, juice, milk LUNCH Pizza, Romaine salad, corn, fruit, milk
15	16	17	18	19
22	23	24	25	26
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.



East Texas
Winter Garden
Rio Grande Valley

Growing Regions



Joke Answer: An a-squash-an
Message: Native American