

# MAY



## Special Announcements

**BOOK FAIR**  
**MAY 5<sup>th</sup> thru May 12<sup>th</sup>**  
**BUY ONE GET ONE FREE!**

**8:00 – 4:30 in Auditorium**



Monday	Tuesday	Wednesday	Thursday	Friday
1	Philly Cheesteak Seasoned Wedges Steamed Broccoli Mixed Fresh Veg Apricots Strawberry Cups	7 Steakfingers Dinner rolls Mashed Potato Green Beans Watermelon Pineapple Rings	4 Chicken Nuggets French Fries Tossed Salad w/cheese Steamed Carrots w/ orange glaze Applesauce Choc.Pudding	5 Fish Sticks Seasoned Corn Hushpuppies Asparagus Strawberries Grapes
8 Corn dogs Chips Celery Sticks Cucumbers Yogurt Orange Wedges Apple Pie	9 Soft Tacos Refried Beans Mexican Rice Broccoli and Cheese Oranges Pineapple Churros	10 Cheeseburgers French Fries Seasoned Corn Tossed Sald Pineapple Strawberries	11 Meatloaf Mashed Potato Dinner Rolls Steamed Seasonal Veggies Strawberries Grapes	12 Five Cheese Lasagna Garlic Toast Romaine and Cherry Tomato Salad Green Beans Apricots watermelon
15 BBQ Chicken Potato Salad Cole Slaw Mac and Cheese Sliced Pears Peach Chunks Banana Pudding	16 Spaghetti Garlic Breadstick Green Beans Mixed Fresh Veggies Pineapple Apple Wedges Double Choc. Brownies	17 Chicken Sandwich Chips Romaine and Cherry Tomato Yogurt Orange Wedges	18 Hotdogs Seasoned Potato Wedges Steamed Broccoli Corn on the Cob Strawberry Cup Red and Green Grapes	19 Nachos Beans a la Charra Mexican Rice Mixed Fresh Veggies Peaches Watermelon
22 Chefs Choice	23 Chefs Choice	24 Chefs Choice	25 Spare Time.	26 Early Dismissal NO Lunch Have a great summer
29	30	31	<div data-bbox="1092 1824 1411 1862" data-label="Text"> <p><b>Good Eats At:</b></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



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.



Growing Regions



**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger



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