

# MAY

## Special Announcements

Have a great summer.



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
6	7	8 Breakfast Tacos Asst. Cereal Fruit Milk or Juice	9 French Toast Sticks Asst. Cereal Poptarts Yogurt Milk or Juice	10 Shipleys Donuts Asst. Cereal Fresh Fruit Milk or Juice
11 Pancakes Asst. Cereal Fresh Fruit Milk or Juice	12 Scrambled Eggs Bacon Asst. Cereal Yogurt Milk or Juice	13 Waffles Sausage Asst. Cereal Milk or Juice	14 Biscuits and Gravy Sausage Asst. Cereal Fresh Fruit Milk or Juice	15 Shipleys Donuts Asst. Cereal Fresh Fruit Milk or Juice
16 Breakfast Sandwich Asst. Cereal Yogurt Milk or Juice	17 Choc. Chip Pancakes Bacon Asst. Cereal Fresh Fruit Milk or Juice	18 French Toast Sticks Asst. Cereal Yogurt Milk or Juice	19 Breakfast Pizza Asst. Cereal Fresh Fruit Milk or Juice	20 Shipleys Donuts Asst. Cereal Fresh Fruit Milk or Juice
21	22	23	24	25
26	27	28	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](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



Joke Answer: In a gourd-an Message: Native American