

MAY

Special Announcements



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| <p>1</p> <p>B: Cheerios, Cran-apple Juice, Milk L: Chicken, Watermelon, Let/Tom, WG Roll, Milk S: Kiwi, Breadsticks</p> | <p>2</p> <p>B: Pancake, Pears, Milk L: Chicken Nuggets, Green Beans, Grapes, WG Roll, Milk S: Veggies w/ Hummus Dip</p> | <p>3</p> <p>B: Waffle Breakfast Pizza, Milk L: Grilled Cheese, Tomato Soup, Pears, Milk S: Apple, Peanut Butter</p> | <p>4</p> <p>B: Bagel, OJ, Milk L: Eggs, Hash Browns, Strawberries, Milk S: Crackers, Grapes</p> | <p>5</p> <p>B: Rice Krispies, Strawberries, Milk L: Taco Ground Beef, Lettuce/Tomato, Mixed Fruit, Taco Shell S: Tortilla Chips, Salsa</p> |
| <p>8</p> <p>B: HM French Toast Sticks, Blueberries, Milk L: Chicken, Roasted Butternut Squash, Grapes, Milk S: WG Goldfish, Apple</p> | <p>9</p> <p>B: BlueBerry Muffin, Mixed Fruit, Milk L: Cheeseburger, Peas, Grapes, WG Bun, Milk S: Animal Crackers, Milk</p> | <p>10</p> <p>B: Rice Chex, Applesauce, Milk L: Turkey Sandwich w/ WG Bread, Vegetable Soup, Grapes, Milk S: Crackers, Cheese</p> | <p>11</p> <p>B: Cheerios, Banana, Milk L: PB&J w/WG Bread, Hard-Boiled Egg, Pears, Sugar Snap Peas, Milk S: Yogurt w/ Fresh Berries</p> | <p>12</p> <p>B: Biscuit w/ Jelly, Blueberries, Milk L: HM Cheese Pizza, California Blend Veg, Pineapple, Milk S: Jello w/ Mandarin Oranges, Pretzel Sticks</p> |
| <p>15</p> <p>B: Pancake, Blueberries, Milk L: Meatballs, Spaghetti Sauce, Spinach Salad w/ Dressing, Spaghetti, Milk S: Pretzels, Strawberries</p> | <p>16</p> <p>B: WG Toast, Grapes, Milk L: Turkey & Cheese Sushi Roll-Up, Grape Tomatoes, Apples S: Crackers, Peanut Butter</p> | <p>17</p> <p>B: English Muffin, Pears, Milk L: Fish Sticks, Peas, Grapes, Mac-n-cheese, Milk S: HB Egg, Blueberries</p> | <p>18</p> <p>B: WG Waffle, Orange Slices, Milk L: Ham & Cheese Quesadilla, Raspberries, Carrot Sticks, Milk S: Cheese Stick, Pretzels</p> | <p>19</p> <p>B: Rice Chex, Apple Juice, Milk L: Cheese Stick, Carrot Sticks, Peaches, Chicken Rice Soup, Milk S: Turkey Slice, Cracker</p> |
| <p>22</p> <p>B: Bagel, Mandarin Oranges, Milk L: Roasted Chicken, Mashed Potatoes, Corn, WG Roll S: Rolled Banana Snack</p> | <p>23</p> <p>B: English Muffin, Grapes, Milk L: HM Baked Mac N Cheese, Orange Slices, Mixed Veggies, Milk S: Mixed Fruit, Milk</p> | <p>24</p> <p>B: Pancake, Peaches, Milk L: Chicken Nuggets, Green Beans, Papaya, WG Roll, Milk S: Veggies w/ Hummus</p> | <p>25</p> <p>B: Rice Krispies, Strawberries, Milk L: Tuna Patties, Oven Fries, Blackberries, WG Roll, Milk S: Chex Mix, Grapes</p> | <p>26</p> <p>B: Cheerios, Cran-apple Juice, Milk L: BBQ Chicken, Baked Beans, Watermelon, Milk S: Ice Cream Sand, Grapes</p> |
| <p>29</p> <p>HAPPY MEMORIAL DAY!</p> | <p>30</p> <p>B: Banana Nut Muffin, Raspberries, Milk L: Turkey Sand. W/ WG Bread, Pepper Sticks, Applesauce, Milk S: Cheese Slice, Pretzels</p> | <p>31</p> <p>B: Peanut Butter & Banana Roll-Up, Milk L: English Muffin Pizza, Roasted Butternut Squash, Grapes, Milk S: Animal Crackers, Milk</p> | <p>Good Eats At:</p> | |

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 a 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.



Growing Regions



Joke Answer: An a-squid-ian
Message: Native Americans