

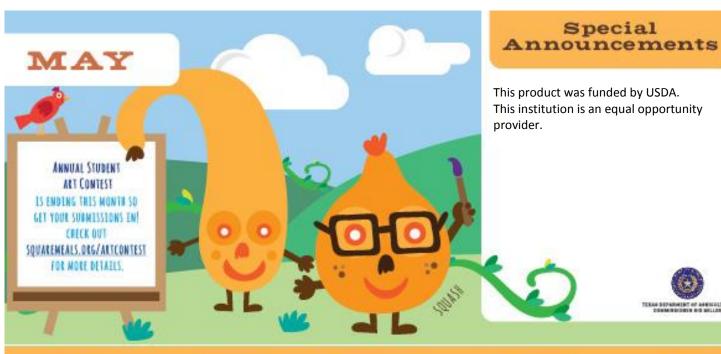
### Special Announcements

This product was funded by USDA.

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday	
Pancake Bacon Fruit Juice Fruit Milk	2 Biscuit /Sausage Gravy Fruit Juice Fruit Milk	Cinnamon Roll Sausage Fruit Juice Fruit Milk	B.O.A.B Fruit Juice Fruit Milk	5 Cereal / Toast Fruit Juice Fruit Milk	
Sausage / Egg / Cheese Biscuit Fruit Juice Fruit Milk	Muffin / Yogurt Fruit Juice Fruit Milk	Muffin / Yogurt Dutch Waffles S Fruit Juice Bacon Fruit Fruit Juice		12 Cereal / Toast Fruit Juice Fruit Milk	
15	16	17	18	19	
MANAGERS CHOICE	MANAGERS CHOICE	MANAGERS CHOICE	MANAGERS CHOICE	MANAGERS CHOICE	
22	23	24	25	26	
29	30	31			
			BREAKFAST		



Monday	Tuesday	Wednesday	Thursday	Friday	
Hamburger Cheeseburger Fries Burger Garnish Fruit Milk	2 Hot Ham and Cheese Sandwich Chips Fresh Veggies Fruit Milk	Chicken Alfredo Stemmed Broccoli Bread Carrot Coins Apples/Cookies Milk	Fish Basket Coleslaw Orange Smiles Milk	Popcorn Chicken Whipped Potato/Gravy Green Beans Roll Pineapple Milk	
Taquitos and Cheese Charro Beans Garden Salad Apples Milk	Chili Cheese Combo Veggie Cup Fresh Fruit Pudding Milk	Cheese Pizza Garden Salad Corn Pears Milk	Chicken Nuggets Mac and Cheese Green Beans Peaches Milk	Corn Dog Oven Fries Baby Carrots Cupcake Milk	
MANAGERS CHOICE	MANAGERS CHOICE	17 MANAGERS CHOICE	18  MANAGERS CHOICE	MANAGERS CHOICE	
22	23	24	25	26	
29	30	31	Good Eats At:		

# Squash

Squash Itl 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



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 spicu, 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

## MESSAGE DECODER

A 7	F 6	W 11	D 16	11 21
A - 1	F - 6	K - 11	P - 10	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H-8	M - 13	R - 18	W - 23
D - 4	1 - 9	N - 14	S - 19	X - 24
E - 5	J - 10	0 - 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."

1	4	1	20	9	22	5	
						14	

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?





