

MAY



Special Announcements

This product was funded by USDA.
This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancake Bacon Fruit Juice Fruit Milk	2 Biscuit /Sausage Gravy Fruit Juice Fruit Milk	3 Cinnamon Roll Sausage Fruit Juice Fruit Milk	4 B.O.A.B Fruit Juice Fruit Milk	5 Cereal / Toast Fruit Juice Fruit Milk
8 Sausage / Egg / Cheese Biscuit Fruit Juice Fruit Milk	9 Muffin / Yogurt Fruit Juice Fruit Milk	10 Dutch Waffles Bacon Fruit Juice Fruit Milk	11 Stuffed Bagel Fruit Juice Fruit Milk	12 Cereal / Toast Fruit Juice Fruit Milk
15 MANAGERS CHOICE	16 MANAGERS CHOICE	17 MANAGERS CHOICE	18 MANAGERS CHOICE	19 MANAGERS CHOICE
22	23	24	25	26
29	30	31		

Good Eats At:

BREAKFAST

MAY



Special Announcements

This product was funded by USDA.
This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Cheeseburger Fries Burger Garnish Fruit Milk	2 Hot Ham and Cheese Sandwich Chips Fresh Veggies Fruit Milk	3 Chicken Alfredo Stemmed Broccoli Bread Carrot Coins Apples/Cookies Milk	4 Fish Basket Coleslaw Orange Smiles Milk	5 Popcorn Chicken Whipped Potato/Gravy Green Beans Roll Pineapple Milk
8 Taquitos and Cheese Charro Beans Garden Salad Apples Milk	9 Chili Cheese Combo Veggie Cup Fresh Fruit Pudding Milk	10 Cheese Pizza Garden Salad Corn Pears Milk	11 Chicken Nuggets Mac and Cheese Green Beans Peaches Milk	12 Corn Dog Oven Fries Baby Carrots Cupcake Milk
15 MANAGERS CHOICE	16 MANAGERS CHOICE	17 MANAGERS CHOICE	18 MANAGERS CHOICE	19 MANAGERS CHOICE
22	23	24	25	26
29	30	31	<div data-bbox="1092 1824 1412 1862" data-label="Text"> <p>Good Eats At:</p> </div> <div data-bbox="1097 1879 1391 1959" data-label="Text"> <h1>LUNCH</h1> </div>	

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