

MAY
2017

ANNUAL STUDENT ART CONTEST
IS ENDING THIS MONTH SO
GET YOUR SUBMISSIONS IN!
CHECK OUT
SQUARMEALS.ORG/ARTCONTEST
FOR MORE DETAILS.

Special Announcements

Have a safe and restful summer.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|-----------|
| 1. Waffles, Bacon | 2. Biscuit, Egg, Ham | 3. Cinnamon Roll | 4. Kolache, Yogurt | 5. |
| Hamburgers hamburger Garnish Oven Fries Baby Carrots Fruit Milk Variety | Hot Ham & Cheese Sandwich Tomato-Cucumber Cup Garden Salad Fruit Milk Variety | Texas Basket Carrot coins Apple Slices Cookie Milk Variety | Fish Strips Texas Toast Coleslaw Pinto Beans Orange Smiles Milk Variety | No School |
| 8. French Toast | 9. Pita Pocket Breakfast | 10. Stuffed Bagel | 11. Dutch waffles | 12. |
| Enchiladas Pinto Beans Garden Salad Hot Cinnamon Apples Milk Variety | Spaghetti Bowl Bread Stick Gard Salad California Blend Vegetables Peaches Pudding Milk Variety | Fiesta Bowl Garden Salad Tomato Cup Fruit Cup Milk Variety | Chicken Nuggets Mac Cheese Savory Green Beans Broccoli Apple Slices Milk Variety | No School |
| 15. Kolaches | 16. Omelet Wrap | 17. Breakfast Pizza | 18. Waffles, Sausage | 19. |
| Popcorn Chicken Mashed Potatoes Savory Green Beans Strawberry Cup Milk Variety | Pizza Choice Garden Salad Vegetable Medley Orange Smiles Milk Variety | Chicken Fajitas Refried Beans Salsa Tomato Cup Hot Cinnamon Apples Milk Variety | Hot Dog Corn Chips Baby Carrots Crunchy Broccoli Salad Grapes Cookie Milk Variety | No School |
| 22. | 23. Sunrise Sandwich | 24. Biscuit, Egg, Sausage | 25. Oatmeal, Toast | 26. |
| No School | Nacho Grande Refried Beans Cucumber Dippers Tomato Cup Pears Sherbet Milk Variety | Chicken Sandwich Oven Fries Fresh Veggie Cup Mandarin Oranges Milk Variety | Salisbury Steak Biscuit Roasted Potatoes Garden Salad Fruit Milk Variety | No School |
| 29. | 30. | 31. | | |
| | This institution is an equal opportunity provider. | Breakfast- We offer juice, milk and water. Lunch- We offer milk and water. | | |

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

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



Visit: SquareMeals.org/SeasonalityWheel



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



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