

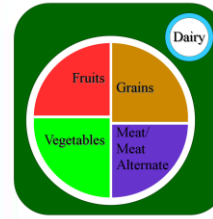
# MAY



## Special Announcements

Choose at least 3 Items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 other **Items**



Food Groups  
**Meat/Meat Alternates**  
**Grains**  
**Vegetables**  
**Fruits**  
**Milk**

This institution is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
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<b>1</b> Frudel Cheese Stick <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>2</b> Mini Pancake Yogurt <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>3</b> Sausage Kolache Cheese Stick <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>4</b> Breakfast Burrito <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>5</b> French Toast Yogurt <b>OR</b> Cook's Choice Fruit Fruit Juice Milk
<b>8</b> Sausage Biscuit <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>9</b> Breakfast Slider <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>10</b> Chicken Waffle Sticks <b>OR</b> Breakfast Parfait Fruit Fruit Juice Milk	<b>11</b> Egg and Cheese Sandwich <b>OR</b> Animal Crackers Cheese Stick Fruit Fruit Juice Milk	<b>12</b> Breakfast Round Yogurt <b>OR</b> Cereal Toast Fruit Fruit Juice Milk
<b>15</b> Snow Day 	<b>16</b> Sausage Kolache Yogurt <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>17</b> Cheese Omelet Wrap <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>18</b> Breakfast Pizza <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>19</b> Waffles Sausage <b>OR</b> Cook's Choice Fruit Fruit Juice Milk
<b>22</b> Snow Day 	<b>23</b> Pancakes Bacon <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>24</b> Frudel Yogurt <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>25</b> Breakfast Burrito <b>OR</b> Cook's Choice Fruit Fruit Juice Milk	<b>26</b> School's Out 

<b>29</b> 	<b>30</b> 	<b>31</b> 	<p><b>Good Eats At:</b>  <b>Wolverine Cafe</b></p>
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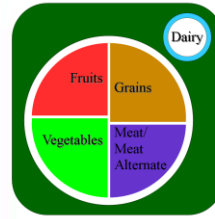
# MAY



## Special Announcements

Choose at least 3 Items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 **other Food Groups**



- Food Groups
- Meat/Meat Alternates
- Grains
- Vegetables
- Fruits
- Milk

This institution is an equal opportunity provider.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1** Asian Bowl  
Egg Roll  
Tomato-Cucumber Cup  
Garden Salad  
Snowball Salad  
Milk

**2** Texas Basket  
Carrot Coins  
Apple  
Cookie  
Milk

**3** Fish Strips  
Texas Toast  
Coleslaw  
Pinto Beans  
Orange  
Milk

**4** Wolverine Bowl  
Roll  
Savory Green Beans  
Apple-Pineapple D'lite  
Milk

**5** Cheeseburger  
Hamburger Garnish  
Oven Fries  
Baby Carrots  
Mixed Fruit  
Milk

**8** Beef Enchiladas  
Charro Beans  
Garden Salad  
Hot Cinnamon Apples  
Milk

**9** Meatball Sub  
Potato Rounds  
Fresh Veggie Cup  
Fresh Fruit  
Pudding  
Milk

**10** Asian Stir Fry  
Flatbread  
Broccoli  
Apple  
Milk

**11** Cheeseburger  
Hamburger Garnish  
Oven Fries  
Baby Carrots  
Diced Peaches  
Crispy Cereal Treat  
Milk

**12** Pepperoni Pizza  
Garden Salad  
Baby Carrots  
Mixed Fruit  
Milk

**15** Snow Day  


**16** Meatloaf  
Roll  
Mashed Potatoes  
Savory Green Beans  
Strawberry/Banana Cup  
Milk

**17** Chicken Spaghetti  
Breadstick  
Garden Salad  
Vegetable Medley  
Orange  
Milk

**18** Frito Pie  
Lettuce and Tomato Garnish  
Baby Carrots  
Mexicali Corn  
Salsa  
Peaches  
Cookie  
Milk

**19** Cheeseburger  
Hamburger Garnish  
Coleslaw  
Sweet Potato Fries  
Apple  
Milk

**22** Snow Day  


**23** X-Treme Burrito  
Seasoned Corn  
Fresh Veggie Cup  
Lettuce and Tomato Garnish  
Salsa  
Diced Pears  
Sherbet  
Milk

**24** Pepperoni Pizza  
Baby Carrots  
Crunchy Broccoli Salad  
Mixed Fruit  
Fruit Choice  
Cookie  
Milk

**25** Corn Dog  
Potato Rounds  
Baked Beans  
Broccoli Bites  
Mandarin Oranges  
Milk

**26** School's Out  


**29**  


**30**  


**31**  


Good Eats At:

**Wolverine  
Cafe**

# 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.



East Texas

Winter Garden

Rio Grande Valley

### Growing Regions



Joke Answer: An a-squash-an  
Message: Native American