

# MAY



## Special Announcements

Daily Offerings: 1% Plain, Chocolate Milk and Fruit  
 Monday – Pudding  
 Wed – Ice Cream  
 Thursday- Pudding  
 Friday- Ice Cream

Menu Subject To Change



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese OR Pepperoni Pizza Steamed Corn Broccoli / Cheese FF Ranch	2 TSO Chicken OR Hot Dog/Chili WG Rice Oriental Blend Veg Romaine Salad Fortune Cookie FF Ranch	3 Chick Nuggets OR Chick Fried Steak Mashed Potatoes Green Beans WG Roll WG Cookie Gravy/Ketchup	4 Burrito/Chili Sauce OR Corn Dog Pinto Beans Carrots Spanish Rice FF Ranch	5 Hamburger OR Chick Sandwich Curly Fries Let/Tom/Pick Cup Ket/Mayo/Mustard
8 Cheese OR Pepperoni Pizza Steamed Corn Broccoli/ Cheese FF Ranch	9 Zesty Orange Chick OR Hot Dog/Chili WG Rice Stir Fry Veg Romaine Salad Fortune Cookie FF Ranch	10 Chick Tenders OR Chick Fried Steak Mashed Potatoes Green Peas WG Roll WG Cookie Gravy/Ketchup	11 Crisпитos/Cheese OR Corn Dog Carrots Refried Beans Spanish Rice FF Ranch	12 Cheeseburger OR Meatball Sub Chili Beans Sun Chips Let/Tom/Pickle Cup Ket/Mayo/Mustard
15 NO SCHOOL	16 Sweet & Sour Chick OR Hot Dog/Chili WG rice Steamed Corn Romaine Salad FF Ranch Fortune Cookie	17 Chick Drumstick OR Chick Fried Steak Mashed Potatoes Green Beans WG roll WG Cookie Gravy/Ketchup	18 Chick Fajita Nachos OR Corn Dog Pinto Beans Carrots Spanish Rice FF Ranch	19 Hamburger OR Spicy Chick Sandwich Curly Fries Let/Tom/Pickle Cup Ket/Mayo/Mustard
22 NO SCHOOL	23 Spaghetti/Meat Sauce OR Hot Dog/Chili Romaine Salad Steamed Corn Garlic Breadstick FF Ranch	24 Chicken Nuggets OR Chicken Fried Steak Mashed Potatoes Green Beans WG Roll WG Cookie Gravy / Ketchup	25 Soft Beef Tacos OR Corn Dog Chili Beans Let/Tom Salad Carrots Spanish Rice FF Ranch	26 Hamburger OR Chick Sandwich Pork & Beans Sun Chips Let/Tom/Pickle Cup Ket/Mayo/Mustard
29 Summer Vacation	30 Summer Vacation	31 Summer Vacation	<div>Good Eats At:</div> <div>Tioga ISD Lunch 9-12</div>	

# 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



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)

## Activities

### 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



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



Joke Answer: An a-squash-tan  
Message: Native Americans