

MAY



Special Announcements

We offer a choice of cereal And toast daily or students can choose from the menu below.

A CHOICE OF MILK IS OFFERED WITH EVERY BREAKFAST.

ALL STUDENTS MUST HAVE MONEY IN THEIR ACCTS TO EAT. NO MEAL CHARGING!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Swirls Yogurt Fruit Juice Milk	2 Ham & Eggs Toast Fruit Juice Milk	3 Sausage Biscuit With Cheese Fruit Juice Milk	4 Sausage Eggs & Toast Fruit Juice Milk	5 Pancakes Fruit Juice Milk
8 Cinnamon Swirls Yogurt Fruit Juice Milk	9 Ham & Eggs Toast Fruit Juice Milk	10 Sausage Biscuit With Cheese Fruit Juice Milk	11 Sausage Eggs & Toast Fruit Juice Milk	12 Pancakes Fruit Juice Milk
15 Cinnamon Swirls Yogurt Fruit Juice Milk	16 Ham & Eggs Toast Fruit Juice Milk	17 Sausage Biscuit With Cheese Fruit Juice Milk	18 Sausage Eggs & Toast Fruit Juice Milk	19 Pancakes Fruit Juice Milk
22 COOK'S CHOICE	23 COOK'S CHOICE	24 COOK'S CHOICE	25 COOK'S CHOICE	26 COOK'S CHOICE Early Release Last Day of School
29 MEMORIAL DAY	30 SUMMER BREAK	31 SUMMER BREAK	<p>Good Eats At: ALL MENUS ARE SUBJECT TO CHANGE!!!!!! NO MEAL CHARGING WILL BE ALLOWED DURING MAY.</p>	

MAY



Special Announcements

ALSO AVAILABLE for GRADES 3-12:
Mondays, Tuesdays, & Thursdays

Chef's Salads

Wednesdays – Chicken Sandwiches
Regular & Spicy- (HS only)

Fridays – Stuffed Potatoes

ALL NEGATIVE LUNCH ACCT. BALANCES MUST BE PAID IN FULL BEFORE MAY 15TH. NO MEALS CAN BE CHARGED AFTER MAY 1ST!!!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fried Steak Rice & Gravy Sweet Peas Carrots Rolls (HS) Fruit	2 Chicken Quesadillas Pinto Beans Side Salad Salsa Fruit	3 Beefy Mac Green Beans Seasoned Potatoes Garlic Toast Fruit	4 Chicken Spaghetti Corn Broccoli Normandy Rolls Fruit	5 Cheeseburgers Lett/Tom/Pickle Tator Tots Baked Beans Fruit
8 Beef Spaghetti Sweet Potatoes Green Beans Garlic Toast Fruit	9 Popcorn Chicken Sweet N Sour Sauce Stir Fry Vegetables Veg. Fried Rice Eggroll (HS) Fruit	10 Beef Nachos Side Salad Beans Salsa Fruit	11 Salisbury Steak Mashed Potatoes Sweet Peas Rolls Fruit	12 Fajita Chicken Salad Bowls Mexicali Corn Salsa Fruit
15 Beef Tips Rice & Gravy Green Beans Carrots Rolls (HS) Fruit	16 Chicken & Dumplings Turnip Greens Blackeyed Peas Cornbread Fruit	17 Steak Fingers Mashed Potatoes Gravy Broccoli/Cheese Roll Fruit	18 Chicken Fries Mac N Cheese Ranch Style Beans Carrot Sticks Fruit	19 Cheeseburgers Lett/Tom/Pickle Tator Tots Corn Fruit
22 COOK'S CHOICE	23 COOK'S CHOICE	24 COOK'S CHOICE	25 COOK'S CHOICE	26 COOK'S CHOICE
29 MEMORIAL DAY	30 SUMMER BREAK	31 SUMMER BREAK	<p>Good Eats At:</p> <p>NO MEAL CHARGING ALLOWED IN MAY. YOUR CHILD MUST HAVE MONEY IN THEIR ACCT. TO EAT!!!</p>	

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