

**MAY**



**Special Announcements**



Monday	Tuesday	Wednesday	Thursday	Friday
1 FISH BASKET or BBQ BEEF ON A BUN Creamy Coleslaw Ranch Style Beans Orange Quarters Milk Variety	2 ASIAN BOWL or HAM & CHEESE on a PRETZEL ROLL Tomato & Cucumber Cup Tossed Green Salad Pineapple Orange Salad Milk Variety	3 CHICKEN ALFREDO or STEAK FINGER BASKET Tuscan Vegetables Carrot Coins Apple Smiles Milk Variety	4 HAMBURGER or PIZZA Oven Fries Baby Carrots Broccoli Bites Fruit Cocktail Milk Variety	5 CHICKEN NUGGETS or PHILLY STEAK SANDWICH Tator Tots Seasoned Green Beans Apple-Pineapple D'Lite Milk Variety
8 TAQUITOS & QUESO or CHEESE ENCHILADA'S Ranch Style Beans Tossed Green Salad Cinnamon Apples Milk Variety	9 CHICKEN FAJITA SALAD Or PIZZA Tossed Green Salad Petite Tomato Cup Fruit Cup Milk Variety	10 MEATBALL SANDWICH or CHILI CHEESE COMBO Veggie Cup Fresh Fruit Milk Variety Chocolate Pudding	11 CHEF SALAD or CHICKEN NUGGETS Macaroni & Cheese Broccoli Bites Seasoned Green Beans Apple Smiles Milk Variety	12 HAMBURGER Or CORN DOG Oven Fries Baby Carrots Chilled Peaches Milk Variety
15 BEEF CHALUPAS or CHICKEN ENCHILADAS Spanish Rice Cucumber Dippers Refried Beans Apple Sauce Milk Variety	16 SOFT TACOS or FRITO PIE Baby Carrots Seasoned Corn Chilled Peaches Milk Variety Carnival Cookies	17 CHICKEN SPAGHETTI or CHEF SALAD Vegetable Medley Tossed Salad Orange Quarters Milk Variety	18 CHICKEN STRIPS or HAMBURGER Sweet Potato Fries Coleslaw Apple Smiles Milk Variety	19 <b>Snow Day No School</b>
22 HAM & CHEESE SPUD or CORN DOG Baked Beans Broccoli bites Apple Pineapple D'Lite Milk Variety	23 CHICKEN SANDWICH or X-TREME BURRITO Oven Fries Veggie cup Mandarin Oranges Milk Variety	24 NACHOS GRANDE or GRILLED CHEESE Baby Carrots, Cucumbers Petite Tomato Cup Chilled Pears Milk Variety Lime Sherbet	25 HOT DOG or PIZZA Baby Carrots Crunchy Broccoli Salad Fresh Grapes Milk Variety	26 HAM & CHEESE or HAMBURGER Tossed Salad Fruit Cocktail Milk Variety

29  
30  
31

**Good Eats At:**  
**BORGER HIGH SCHOOL**

# 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