

MAY



Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
1 PIZZA Broccoli Bites Baby Carrots Fruit Cocktail Milk Variety	2 HAM & CHEESE on a PRETZEL ROLL Baby Carrots Tossed Green Salad Pineapple Orange Salad Milk Variety	3 STEAK FINGERS Oven Fries Tomato & Cucumber Cup Apple Smiles Milk Variety	4 BAJA FISH STICKS <i>Texas Toast</i> Coleslaw Ranch Style Beans Orange Quarters Milk Variety	5 CHICKEN NUGGETS Hot Rolls Mashed Potatoes Savory Green Beans Apple-Pineapple D'Lite Milk Variety
8 TAQUITOS Queso Ranch Style Beans Tossed Green Salad Cinnamon Apples Milk Variety	9 CHILI CHEESE COMBO Honey Biscuit Veggie Cup Fresh Fruit Milk Variety Choc. Pudding	10 PIZZA Tossed Green Salad Petite Tomato Cup Fruit Cup Milk Variety	11 CHICKEN NUGGETS Macaroni & Cheese Steamed Broccoli Seasoned Green Beans Apple Smiles Milk Variety	12 HAMBURGER Oven Fries Baby Carrots Chilled Peaches Milk Variety
15 PIZZA Tossed Salad Vegetable Medley Orange Quarters Milk Variety	16 STEAK FINGERS Mashed Potatoes Savory Green Beans Hot Rolls Strawberries Milk Variety	17 BEEF CHALUPAS Cucumber Dippers Refried Beans Applesauce Milk Variety	18 FRITO PIE Seasoned Corn Baby Carrots Chilled Peaches Milk Variety Carnival Cookies	19 Snow Day No School
22 CORN DOG Tater Tots Baked Beans Broccoli Bites Apple-Pineapple D'Lite Milk Variety	23 SALISBURY STEAK Biscuits Mashed Potatoes Mashed Potatoes Fruity Jello Milk Variety	24 CHICKEN SANDWICH Oven Fries Veggie cup Mandarin Oranges Milk Variety	25 NACHOS GRANDE Refried Beans Cucumber Dippers Petite Tomato Cup Chilled Peaches Milk Variety	26 HOT DOG Fritos Baby Carrots Crunchy Broccoli Salad Fresh Grapes Milk Variety
29	30	31		

Good Eats At:

**PAUL BELTON
ELEMENTARY**

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
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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



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