

MAY



Special Announcements

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identify, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

Breakfast includes Fruit Juice & Milk. There is choice between Cereal & Graham Cracker every day. In addition to daily fruit, High School grades 9-12 are offered fresh fruit or fruit juice at lunch



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Quesadillas Mex Corn Charro Beans Salsa Cinnamon Applesauce Choice of Milk BRK Pizza	2 Texas Chili W/cornbread Broccoli Bites Tomato Cup Orange Smiles Choice of Milk Pancake on Stick	3 Chicken strips Mashed Potatoes / Gravy / Roll California Blend Veg. Mix Fruit Choice of Milk PNJ Sandwich, Cheese Stick	4 Spaghetti & Bread stick Garden Salad Carrots Coins. Sliced Peaches Choice of Milk Biscuit & Sausage Patty	5 Chicken on Bun Carrots Sticks Cucumber dippers Fresh orange smiles HB Garnish & Cookie Choice of Milk Blueberry muffin & Sausage Link
8 Burrito Seasoning Corn Baby carrots Mix Fruit Choice of Milk Sausage Roll & yogurt	9 Ham cheese on Bun Tomato & cucumber cup Pork & beans Snowball Salad Choice of Milk Dutch Waffles & bacon	10 Chicken Nuggets Mashed potatoes/Gravy Green beans / Roll Apple pineapple D'lite Choice of Milk BRK burrito / hash Browns	11 Pizza Garden salad Carrot Coins Peaches Pudding Cup Choice of Milk Biscuit & Gravy	12 BBQ on Bun Coleslaw Pinto Beans Orange Smiles/ Cookie Choice of Milk Cinnamon Roll & Sausage Link
15 School Holiday!!!	16 Chicken on Bun Roasted potatoes Green beans Garnish/sliced pickles HB Garnish Choice of Milk BRK Pizza	17 French bread pizza Tomatoes cups Steamed Broccoli Peaches Choc/ vanilla Pudding Choice of Milk FTS w/ Bacon	18 Chicken fajitas Refried Beans Garden salad Cinnamon Applesauce Choice of Milk Biscuit & Scramble eggs Sausage	19 Hamburger /Cheese Veg. cup Baby carrots Orange smiles Choice of Milk Blueberry muffin & Sausage link
22 Hamburger/cheese Tater tots Pinto Beans Fresh Orange Smiles Cookie Choice of Milk BRK Pizza	23 Chicken Nuggets Mac & Cheese Green Beans Broccoli bites Fresh apples Choice of Milk Pancake on Stick	24 Cook Choice Meat VEG. Bread Fruit Choice of Milk Cook Choice	25 Cook Choice Meat VEG. Bread Fruit Choice of Milk Cook choice	26 Cook Choice Meat VEG. Bread Fruit Choice of Milk Cook Choice
29	30	31	Good Eats At: Have a great summer REMEMBER: Summer Feeding starts on MONDAY, JUNE 5, and goes until JUNE 29, 2017. Come eat with us. ALL Children eat FREE. Brk 8:00 -8:30 Lunch 11:00 to 12:00	

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