

MAY



Special Announcements

BOBCATS

May choose One of Two Different Entree's daily.

Menu subject to change without notice due to product availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER HIG BELLER

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	2 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Fresh Fruit Fruit, Assorted Jelly	3 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly	4 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Fresh Fruit Fruit, Assorted Jelly	5 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly
8 Sausage Biscuit/ (Gravy in cafeteria) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	9 Yogurt & Graham Cracker Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	10 Waffle, Eggo Mini Cinna Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly	11 Burrito, Breakfast Salsa in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly	12 Oatmeal, with Toast/ or Cereal Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk 1%, White Fresh Fruit Fruit, Assorted Jelly
15 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	16 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Fresh Fruit Fruit, Assorted Jelly	17 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly	18 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Fresh Fruit Fruit, Assorted Jelly	19 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly
22 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	23 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly	24 SCHOOL'S OUT	25	26

Good Eats At:
Fruitvale I.S.D.

Breakfast

HS-12th

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.



Growing Regions



Joke Answer: In a-papaya
Message: Native American