

MAY



Special Announcements

BREAKFAST MENU

Monday-Muffin, Cold Cereal
 Tuesday-Biscuit, Scrambled Eggs
 Wednesday-Pig in Blanket, Cereal
 Thursday-Pancakes, Sausage
 Friday-French Toast Sticks, Cereal
 Fresh Fruit offered daily
 Apple or Orange Juice
 White or Chocolate Milk



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fried Steak Mashed Potatoes Green Beans Fruit Mix Bread Milk	2 Fish Squares Macaroni & Cheese Vegetable Blend Cole Slaw Pears Milk	3 Corndog Baked Beans House Salad Mandarin Orange Milk	4 Chicken Alfredo Sweet Peas Carrots Peaches Bread Milk	5 Burrito Pinto Beans Broccoli Applesauce Milk
8 Chicken Nuggets Mashed Potatoes Green Beans Fruit Mix Bread Milk	9 Ham & Cheese Sandwich Carrots Broccoli Pickle Spear Fresh Fruit Milk	10 Chicken Fajitas Tortilla Pinto Beans Lettuce/Tomato Pears Milk	11 Baked Turkey Rice Carrots Sweet Peas Peaches Bread Milk	12 Hamburger Oven Fries Burger Salad Fresh Fruit Milk
15 Crispy Tacos Pinto Beans Lettuce/Tomato Pineapple Milk	16 Chicken Tetrzzini Sweet Peas Carrots Peaches Bread Milk	17 Hot Dogs Oven Fries Baked Beans Mandarin Orange Milk	18 Manager's Choice	19 Manager's Choice
22 Manager's Choice	23 Manager's Choice	24 Manager's Choice	25 Manager's Choice	26 Student Holiday
29	30	31		

Good Eats At:

WEIMAR ISD

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