

MAY

Special Announcements



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 Pancakes & bacon or cereal & toast Fruit Fruit juice Milk Variety | 2 Sunrise sandwich or cereal & toast Fruit Fruit juice Milk variety | 3 Biscuits & gravy Scrambled eggs, sausage or cereal & toast Fruit, Fruit juice Milk variety | 4 Breakfast strudel & yogurt or Cereal & toast Fruit Fruit juice Milk variety | 5 Breakfast burrito or Cereal & toast Fruit Fruit juice Milk variety |
| 8 Sausage kolache & yogurt or cereal & toast Fruit Fruit juice Milk variety | 9 Cheese omelet wrap or Cereal & toast Fruit Fruit juice Milk variety | 10 Breakfast pizza or Cereal & toast Fruit Fruit juice Milk variety | 11 French toast & sausage or cereal & toast Fruit Fruit juice Milk variety | 12 Cinnamon roll & bacon or cereal & toast Fruit Fruit juice Milk variety |
| 15 NO SCHOOL | 16 Sunrise sandwich or cereal & toast Fruit Fruit juice Milk variety | 17 Biscuits & gravy Scrambled eggs, sausage or cereal & toast Fruit, Fruit juice Milk variety | 18 Breakfast strudel & yogurt or Cereal & toast Fruit Fruit juice Milk variety | 19 Breakfast burrito or Cereal & toast Fruit Fruit juice Milk variety |
| 22 COOKS CHOICE | 23 COOKS CHOICE | 24 COOKS CHOICE | 25 LAST DAY OF SCHOOL COOKS CHOICE | 26 |
| 29 | 30 | 31 | <div style="border: 1px solid black; padding: 10px; text-align: center;"> Good Eats At: ZEPHYR ISD THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. </div> | |

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