

MAY



Special Announcements

DAILY ALTERNATE MEAL CHOICE
 GRAPE OR STRAWBERRY
 PBJ SANDWICH
 FRUIT
 VEGETABLE
 MILK VARIETY



Monday	Tuesday	Wednesday	Thursday	Friday
1 Philly cheese steak sandwich Potato rounds Savory green beans Applesauce Milk variety	2 Asian Sichuan chicken Eggroll Tomato-cucumber cup Garden salad Snowball salad Milk variety	3 Chicken alfredo Peas Breadsticks Baby carrots Apple slices Milk variety	4 Fish strips Texas toast Coleslaw Black-eyed peas Apricots Milk variety	5 Pizza choice Broccoli bites Carrots Strawberry cups Milk variety
8 Taquitos & Queso Charro beans Garden salad Hot cinnamon apples Milk variety	9 Stuffed baked potato Roll, Beans Broccoli bites Fresh fruit Chocolate/vanilla pudding Milk variety	10 Fiesta bowl Garden salad Tiny tomato cup Fruit choice Milk variety	11 Chicken nuggets Mac & cheese Savory green beans Broccoli bits Diced pears Milk variety	12 Corn dogs Oven fries Baby carrots Peaches Crispy cereal treat Milk variety
15 Out of school	16 Pizza choice Garden salad Vegetable medley Orange smiles Milk variety	17 Soft tacos Baby carrots Corn, salsa Lettuce & tomato salad Apricots, cookie milk variety	18 Cheeseburger Hamburger salad Oven fries Baby carrots Apple slices Milk variety	19 Cooks Choice
22 Cooks choice	23 Cooks choice	24 Early release 2:20 Sandwich choice Salad, Baby carrots Cheese stick, Fruit Milk variety	25 Last day of school Early release 2:20 sandwich choice Salad, Baby carrots Cheese stick, Fruit Milk variety	26
29	30	31	Good Eats At: ZEPHYR ISD THIS INSTITUTION IS AN EQUAL OPERTUNITY PROVIDER.	

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