

# MAY



## Special Announcements

Menu Is subject To Change served

100% Juice and choice of milk  
Served with breakfast. Breakfast is also served with a choice of whole fruit, Choice of milk is served with lunch.

Salad Bar 6-12 will be served with required food items to meet USDA Nutritional Standard



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Berry Muffin/Yogurt or Cereal Cheeseburger Tater Tots Burger Salad Baby Carrots WG Cookie/Orange	<b>2</b> Sausage Gravy & Biscuit Frito Pie Ranch Beans Garden Salad Tropical Fruit Mix	<b>3</b> French Toast & Bacon or Cereal Spaghetti & Meatballs Spring Salad Mix Garlic Toast Seasoned Corn Peaches	<b>4</b> Cinnamon Rolls or Cereal Crunchy Tacos Refried Beans Lettuce & Tomatoes Salsa & Chips Fruit Salad	<b>5</b> Egg/Ham & Cheese Combo or Cereal Corndogs Baked Chips Fresh Veggie Mix Sherbet Bananas
<b>8</b> Cherry Frudels or Cereal Beef Nachos Refried Beans Garden Salad Salsa Mixed Fruit	<b>9</b> Sausage Biscuit or Cereal Popcorn Chicken Gravy/Rolls Broccoli Salad Scalloped Potatoes Orange Smiles	<b>10</b> Wg Donuts or Cereal  Hamburger Steak Honey Wheat Rolls Mashed Potatoes Green Beans Fresh Fruit	<b>11</b> Breakfast Scramble/Hashbrown or Cereal  Lasagna /Garlic Bread Green Beans Garden Salad Strawberry Fluff	<b>12</b> Sausage Breakfast Wrap or Cereal BBQ Sandwich Tater Tots Cucumber & Tomatoes Apple Smiles Wg Cookies
<b>15</b> Egg/Ham & Cheese Combo or Cereal French bread Pizza Seasoned Corn Garden Salad Pineapples	<b>16</b> Assorted Muffins or Cereal Hot Dogs Baked Chips Fresh Veggie Mix Sour Apple Slushies Bananas	<b>17</b> Blueberry Pancake or Cereal Hot Ham And Cheese Pretzel Bun Potato Smiles Petit Tomatoes Applesauce	<b>18</b> Egg & Cheese Biscuit or Cereal Chicken Crisпитos Ranch Beans Chips & Salsa Spring Salad Fresh Fruit Mix	<b>19</b> Breakfast Pastry or Cereal Cheeseburger Burger Salad Tater Tots Fresh Fruit Rice Crispy Treat
<b>22</b> Pancake Pups  Breaded Chicken Burger Burger Salad Tater Tots Cucumber Slices Orange Smiles	<b>23</b> Sausage Kolache  Cheese Pizza Spring Salad Seasoned Corn Pineapple D'lite	<b>24</b> Breakfast on a Bun  Ham & Cheese Croissant Lettuces & Tomatoes Cheese Puffs Fresh Veggies WG Cookie	<b>25</b> Breakfast Bar  PB & J Uncrustable String Cheese Sticks Baby Carrots Whole Apple Granola Bar	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>	<div> <b>Good Eats At:</b>  Hermleigh ISD </div>	

# Squash

**Squash It!** 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



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)

## Activities

### 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



**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger



Joke Answer: An a-squash-tan Message: Native Americans