

# MAY



## Special Announcements

# LUNCH 2017

MENU SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> PIZZA BROCCOLI BITES BABY CARROTS MIXED FRUIT MILK	<b>2</b> BBQ ON A BUN COLESLAW PINTO BEANS ORANGE SMILES MILK	<b>3</b> TEXAS BASKET CARROT COINS APPLE SLICES COOKIE MILK	<b>4</b> ASIAN BOWL EGGROLL TOMATO- CUCUMBER CUP GARDEN SALAD SNOWBALL SALAD MILK	<b>5</b> PHILLY STEAK SANDWICH POTATO ROUNDS SAVORY GREEN BEANS APPLE -PINEAPPLE D-LITE MILK
<b>8</b> TAQUITOS & QUESO CHARRO BEANS GARDEN SALAD HOT CINNAMON APPLES MILK	<b>9</b> MEATBALL SUB SANDWICH FRESH VEGGIE CUP FRESH SEASONAL FRUIT CHOCOLATE/VANILLA PUDDING MILK	<b>10</b> PIZZA GARDEN SALAD TINY TOMATO CUP FRUIT CUP MILK	<b>11</b> CHICKEN NUGGETS MAC AND CHEESE SAVORY GREEN BEANS APPLE SLICES MILK	<b>12</b> CORN DOG OVEN FRIES BABY CARROTS SLICED PEACHES CRISPY CEREAL TREAT MILK <b>FIELD DAY!</b>
<b>15</b> <b>WEATHER DAY!</b>	<b>16</b> HAMBURGER COLESLAW SWEET POTATO FRIES APPLE SLICES MILK	<b>17</b> MEAT & CHEESE TOSTADAS SALSA CUCUMBERS LETTUCE & TOMATO GARNISH APPLESAUCE MILK	<b>18</b> PIG IN A BLANKET OVEN FRIES FRESH VEGGIE CUP ORANGE SMILES MILK	<b>19</b> FRENCH BREAD PIZZA GARDEN SALAD CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE /VANILLA PUDDING MILK <b>EARLY OUT!</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>Good Eats At:</b> <b>BUENA VISTA ISD</b>	

# 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 a 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](http://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: An a-squid-ian  
Message: Native Americans