

MAY

Special Announcements

BREAKFAST 2017

ANNUAL STUDENT ART CONTEST
IS ENDING THIS MONTH SO
GET YOUR SUBMISSIONS IN!
CHECK OUT
SQUAREMEALS.ORG/ARTCONTEST
FOR MORE DETAILS.



Monday	Tuesday	Wednesday	Thursday	Friday
1 BISCUIT AND GRAVY SCRAMBLED EGGS FRUIT JUICE	2 WAFFLES BACON FRUIT JUICE MILK	3 CINNAMON ROLL SAUSAGE FRUIT JUICE MILK	4 SAUSAGE, EGG & CHEESE PRETZEL SANDWICH FRUIT JUICE MILK	5 BREAKFAST BURRITO FRUIT JUICE MILK
8 BREAKFAST BOAT FRUIT JUICE MILK	9 DUTCH WAFFLE BACON FRUIT JUICE MILK	10 CHICKEN -N- WAFFLES FRUIT JUICE MILK	11 STUFFED BAGEL SAUSAGE FRUIT MILK	12 SAUSAGE BISCUIT FRUIT JUICE MILK FIELD DAY!
15 .WEATHER DAY!	16 SAUSAGE KOLACHE YOUGURT FRUIT JUICE MILK	17 PANCAKES BACON FRUIT JUICE MILK	18 WAFFLES SAUSAGE FRUIT JUICE MILK	19 CEREAL TOAST FRUIT JUICE MILK EARLY OUT!
22	23	24	25	26
29	30	31	Good Eats At: BUENA VISTA ISD	

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

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-squash-in Message: Native Americans