

MAY



Special Announcements

Breakfast Menu

Serving Time 7:15 to 7:45

- Monday Cereal, Toast, Fruit, Juice, Milk
- Tuesday Waffles, Fruit, Juice, Milk
- Wednesday Toasted Cheese Sandwich, Fruit, Juice, Milk
- Thursday Pancakes, Fruit, Juice, Milk
- Friday Biscuit, Sausage Patty, Fruit, Juice, Milk

****Menu Subject to change**



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Nuggets/Patties Macaroni & Cheese Green Beans Mixed Fruit Milk	2 Taco Salad Brown Beans Lettuce/tomatoes Banana Spanish Rice Milk	3 Chicken Rings Mashed Potatoes Broccoli Applesauce Wheat Roll Milk	4 Sliced Ham Garden Salad Corn Pineapples Breadstick Milk	5 Chicken on Bun Baked chips Baby Carrots Apple Milk
8 <i>Field Trip k-2</i> STAAR Testing Corn Dog Pork and Beans Garden salad Peach Cup Milk	9 STAAR Testing Chicken Nuggets Mashed Potatoes Gravy Broccoli Applesauce Wheat Roll, Milk	10 STAAR Testing Lasagna Corn Cucumber slices Mixed Fruit Breadstick, Milk	11 STAAR Testing Chicken Alfredo Green Beans Fresh Tomatoes Pear Slices W Roll, Milk	12 Hot Ham & Cheese on Bun Tater Tots Lettuce/tomatoes Orange Milk
15 Soft Tacos Brown Beans Lettuce/tomatoes Strawberry Cup Spanish Rice Milk	16 <i>Field Trip 5 & 6</i> Chicken Rings/ Baked chicken Mashed Potatoes Broccoli Applesauce Wheat Roll, Milk	17 Chicken & Rice Green beans Garden Salad Peach Slices Breadstick Milk	18 <i>Field Trip 3 & 4</i> Cheese Pizza Corn Pork & beans Mandarin Oranges Milk	19 <i>Field Day</i> Hot Dog Chili, Cheese Tater Tots Baby Carrots Apple Milk
22 Frito Pie Brown Beans Corn Peach slices Milk	23 Hamburger/Pulled Pork on Bun French Fries Lettuce/tomatoes Fruit Milk	24 Chicken Nuggets, Strips, Patty Mashed Potatoes, Gravy Broccoli Applesauce Wheat Roll Milk	25 <i>Early Release</i> Last Day of school Ham & Cheese Sandwich Baby Carrots Lettuce Fresh Fruit Milk	26 Summer Vacation BEGINS! YAAAAAAA!!!! Be Safe!

****Menu Subject to change**

Good Eats At:

WESTPHALIA ISD

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.



Growing Regions

