

MAY

**Special
Announcements**



BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Toast Kiwi Low fat Milk	2 Biscuit Turkey Sausage Watermelon Low fat Milk	3 Oatmeal Apricots Low fat Milk	4 Blueberry Muffin Applesauce Low fat Milk	5 Waffle Light Syrup Mandarin Oranges Low fat Milk
8 Turkey Patty WW Toast Grape Jelly Honeydew Low fat Milk	9 Kix Cereal Diced Peaches Low fat Milk	10 Scrambled Eggs WW Toast Orange Wedges Low fat Milk	11 Bagel Cream Cheese Mango Low fat Milk	12 Oatmeal Raspberries Low fat Milk
15 Ham Omelet WW Toast Mandrain Oranges Low fat Milk	16 Pancake Light Syrup Kiwi Low fat Milk	17 Cornflakes Banana Low fat Milk	18 Blueberry Muffin Watermelon Low fat Milk	19 No School Snow Day
22 Biscuit Gravy Mangos Low fat Milk	23 Turkey Bacon/Egg Burrito Bananas Low fat Milk	24 Cream of Wheat Raisins Low fat Milk	25 French Toast Light Syrup Strawberries Low fat Milk	26
29	30	31	<p>Good Eats At:</p> <p>GOPB, Inc. HEAD START SCHOOL READINES ACADEMY</p>	

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



Joke Answer: In a-papaya
Message: Native American