

MAY

**Special
Announcements**

LUNCH MENU

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 Chicken Spaghetti
Spinach Salad
WW Bread
Pears
Low fat Milk

2 Soft Beef Taco
Pinto Beans
Lettuce/Tomato
Diced Peaches
Low fat Milk

3 Beef Goulash
WW Roll
Carrots
Strawberries
Low fat Milk

4 Boneless Chicken
Gravy
Broccoli/Cheese
WW Bread
Mangos
Low fat Milk

5 Grilled
Ham/Chesse
Tomato Soup
Veggie Sticks
Apple Slices
Low fat Milk

8 BBQ Sandwich
Coleslaw
Cinnamon
Applesauce
Low fat Milk

9 Grilled Chicken
Squash
Egg Noodles/Butter
Strawberries
Low fat Milk

10 Beef Spaghetti
Broccoli/Cheese
WW Roll
Pears
Low fat Milk

11 Chicken Enchilada
Spanish Rice
Tossed Salad
Pineapple Cubes
Low Fat Milk

12 Turkey Salad
Potato Wedges
Apricots
Low fat Milk

15 Chicken Quesadilla
Diced Tomatoes
Refried Beans
Peaches
Low fat Milk

16 Roasted Turkey
Brown Gravy
Macaroni/Cheese
Carrots
Mixed Fruit
Low fat Milk

17 Beef Ravioli
Garlic Toast
Corn
Mango
Low fat Milk

18 Pig in a Blanket
Scalloped Potatoes
Apricots
Low fat Milk

19
No School
Snow Day

22 Sloppy Joe
Green Beans
Dice Pineapple
Low fat Milk

23 Chicken Nuggets
Peas & Carrots
WW Dinner Roll
Raspberries
Low fat Milk

24 Salisbury Steak
Mashed Potatoes
Gravy
WW Bread
Tropical Fruit
Low fat Milk

25 Lasagna
Tossed Salad
Ranch Dressing
WW Roll
Pears
Low fat Milk



29

30

31

Good Eats At:

**GOPB, Inc.
HEAD START
SCHOOL READINES ACADEMY**

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
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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 gourd-an Message: Native American