

MAY

**Special
Announcements**

SNACK 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
Cheese-It Crackers
Raisins

2
Banana
Sunflower Butter

3
Goldfish
Milk

4
Pineapple Cup
Vanilla Yogurt

5
Pita Chips
Salsa Cup

8
Wheat Crackers
Cheese

9
Sunflower Butter
Graham Crackers

10
Strawberry Yogurt
Banana

11
Cherry Tomatoes
String Cheese

12
Animal Crackers
Milk

15
Pretzel
Pineapple Cup

16
Sun Chips
Salsa Cup

17
Sunflower Butter
Apple Slice Cup

18
Wheat Crackers
Ham

19
No School
Snow Day

22
Applesauce Cup
Vanilla Wafers

23
Teddy Grahams
Orange Cups

24
Boiled Egg
Wheat Crackers

25
Whole Grain Muffin
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



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



HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger



Joke Answer: In a-pap-a-yan
Message: Native American