

MAY



Special Announcements

- May 12: FFA Banquet
- May 16 : Spring Band Concert
- May 17: Elementary Awards(AM)
- May 17: PreK Graduation (PM)
- May 19 :Early Release
- May 19: High School Graduation

Variety of milk served with each Breakfast and Lunch
Choice of cereal , Graham Crackers, Juice and Fruit served with each breakfast



MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chic Salisbury Steak Mashed Potatoes Broccoli/ Cucumbers Wheat Roll Peaches <hr/> Mini Pancakes	2 Hot Dogs w/chili Pizza Pocket Baby Carrots Pickle Spears Baked Beans Fruit Mix <hr/> Biscuit & Sausage	3 Quesadillas Sausage Wrap Spanish Rice Pinto Beans Lettuce/ Tomato Pineapple Tidbits <hr/> Pancake Roll-ups	4 Pizza Corn Dogs Romaine Salad Corn Bread Stixs Fruit Mix <hr/> Pigs-in- the Blanket	5 Seahawk Burger Spicy Chic Burger Baby Carrots Tatar Tots Burger Salad Peach Cup <hr/> Cinnamon Rolls
8 Chic Fried Steak Chic Strips Mashed Potatoes Broccoli/ Cucumbers Wheat Roll Fruit Mix <hr/> Pigs –in-the-Blanket	9 Spaghetti W/ Meat Sauce Hot Pocket Green Beans Tossed Salad Bananas <hr/> Potato & Egg Taco	10 Crispy Beef Tacos Fiesta Bowl Pinto Beans Spanish Rice Lettuce & Tomato Pineapple Tidbits <hr/> Bacon & Egg Taco	11 BBQ Sandwiches Corn Dogs Baby Carrots Green Beans Romaine Salad Pineapple Tidbits <hr/> Potato & Egg Taco	12 Seahawk Burgers Chic Burgers Tatar Tots Burger Salad Fresh Fruit <hr/> Mini Corn Dogs
15 Chic Nuggets Steak Fingers Mashed Potatoes Broccoli/ Cucumbers Wheat Roll Peach Cups <hr/> French Toast	16 Frito Pie Crispito Romaine Salad Baked Beans Pickle Spears Fruit Mix <hr/> Biscuit & Sausage	17 Chalupas Sausage Wrap Spanish Rice Baby Carrots Lettuce/Tomato Pears <hr/> Breakfast Pizza	18 Pizza Poor Boys Green Beans Bread Stixs Fresh Fruit <hr/> Mini Corn	19 Corn Dogs Baby Carrots Chips Apples <hr/> Cinnamon Roll
22	23	24	25	26
29	30	31		

Good Eats At:

RIVIERA LUNCHROOM

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.



East Texas
Winter Garden
Rio Grande Valley

Growing Regions



Joke Answer: An a-squash-an
Message: Native American