

MAY



Special Announcements

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast-Omelet, toast Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk	2 Breakfast- Sausage, toast Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk	3 Breakfast-chicken biscuit Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk	4 Breakfast- Pizza Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk,	5 Breakfast- Pancake on a stick Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk
8 Breakfast- Omelet, toast, fruit, juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange milk	9 Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, black eyed peas, baby carrots, pears, apples, milk	10 Breakfast- Sausage, toast Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk	11 Breakfast- Biscuit, gravy Lunch- Pizza, corn, salad, oranges, pears, milk	12 Breakfast- Mini pancakes Lunch- Bag Lunch, Eating in class rooms today
15 Breakfast- Sausage, biscuit Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, pineapple, apple, milk	16 Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk	17 Breakfast-Kolache Lunch- Beef Tips & rice, green beans, roll trop. fruit, orange, salad, milk	18 Breakfast- Pizza Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk	19 Breakfast- Pancake on a stick Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk
22 Breakfast- Biscuit, gravy Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, apple, milk	23 Breakfast-Sausage Biscuit Lunch-Pizza, salad, carrot sticks, corn, peaches, orange, milk	24 Breakfast- French toast sticks Lunch-Grilled cheese, chips, salad, mini carrots, peaches, apple, milk	25 Breakfast- Omelet, toast Lunch- Bag Lunch Early Release	26 Breakfast- Mini pancakes Lunch- Bag Lunch Early Release
29 Holiday	30 Summer Feeding Program begins!	31		

Good Eats At:

Tenaha ISD
Elementary & Junior High

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

Activities

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-squash-an
Message: Native American