

MAY



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast-Omelet, toast Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice Option- Burrito	2 Breakfast- Sausage, toast Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Corndog	3 Breakfast-chicken biscuit Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk Option-Pizza	4 Breakfast- Pizza Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk, bread Option- Nuggets	5 Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk
8 Breakfast- Omelet, toast, fruit, juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, pudding Option- Chic. sandwich	9 Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, black eyed peas, baby carrots, pears, apples, milk Option- Corndog	10 Breakfast- Sausage, toast Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk, jello Option-Pizza	11 Breakfast- Biscuit, gravy Lunch- Pizza, corn, salad, oranges, pears, milk Option-Nuggets	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, rice, pineapple, apple, milk Option- Burrito	16 Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding Option- Chic Sand.	17 Breakfast-Kolache Lunch- Beef Tips & rice, green beans, roll trop. fruit, orange, salad, milk, jello Option- Nuggets	18 Breakfast- Pizza Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk, chili, cheese Option-Corndog	19 Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange. milk
22 Breakfast- Biscuit, gravy Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, apple, milk, rice Option- Burrito	23 Breakfast-Sausage Biscuit Lunch-Pizza, salad, corn, peaches, orange, milk, pudding Option- Chic. Sand.	24 Breakfast- French toast sticks Lunch-Grilled cheese, Chips, salad, mini carrots, peaches, apple, milk, jello Option- Pizza	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
High School

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