

MAY



Special Announcements

**No Charging In May
Must have Money in
Student's Account.**

Choice of milk everyday:
White 1% Low Fat
Or
Flavored Fat Free
Menus are subject to change without
notice.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 1 Chicken Basket Wedge Crust Pizza Ranch Dressing Green Beans Sweet Potatoes Raspberry Applesauce Sliced Pears | 2 Asian Chicken Salad Spaghetti w/Meat Sauce Baby Lima Beans Bread Sticks Red Grapes Mandarin Oranges | 3 Chicken Rings Mashed Potatoes Broccoli w/Cheese Brown Gravy Whole Grain Roll Fresh Strawberry Applesauce Cup | 4 Crispy Chicken Salad Cheeze Nachos Whole Kernel Corn Mexican Pinto Beans Salsa & Peppers Orange Smile Diced Peaches | 5 Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Cauliflower Burger Fixin's Applesauce Mango Slushie |
| 8 Chicken Sandwich Sliced Cheese Crinkled Potatoes Crunchy Broccoli Birthday Applesauce Fruit Cocktail | 9 Boneless Chicken Wing Ranch Beans Mixed Vegetables Macaroni & Cheese Banana Mandarin Oranges | 10 Chicken Nuggets Fluffy Mashed Potatoes Brown Gravy Black Beans Whole Grain Roll Applesauce Cup Fresh Strawberry | 11 Crispy Chicken Salad Soft Beef Taco Sweet Corn Chili Beans Jalapeno Peppers Orange Wedges Rolling Green Grapes | 12 Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Burger Fixin's Applesauce Strawberry Slushie |
| 15 Steak Fingers Mashed Potatoes Brown Gravy Black Beans Whole Grain Roll Cherry Applesauce Sliced Pears | 16 Asian Chicken Salad Honey BBQ Rib Sandwich Baked Beans Mixed Vegetables Macaroni & Cheese Red Grapes Mandarin Oranges | 17 Chicken Rings Fluffy Mashed Potatoes Brown Gravy Broccoli w/Cheese Whole Grain Roll Fresh Strawberry Applesauce Cup | 18 Crispy Chicken Salad Cheeze Nachos Whole Kernel Corn Mexican Pinto Beans Salsa & Peppers Orange Smile Diced Peaches | 19 Chicken Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Burger Fixin's Applesauce Blue Raspberry Slushie |
| 22 Have a Great Summer | 23 | 24 | 25 | 26 |
| 29 | 30 | 31 | <div data-bbox="1091 1824 1411 1862" data-label="Section-Header"> <h3>Good Eats At:</h3> </div> <div data-bbox="1091 1856 1411 1890" data-label="Text"> <p>JOAQUIN ISD RAM CAFÉ</p> </div> <div data-bbox="1166 1890 1333 1923" data-label="Text"> <p>Lunch Menu</p> </div> <div data-bbox="984 1923 1482 1997" data-label="Text"> <p>Elementary \$2.50 Junior High \$2.50 High School \$2.75 Adult \$3.50</p> </div> | |

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