

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.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER HIG MULLER

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

Chicken Cheese Biscuit
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

2

Egg Burrito w/Salsa
Assorted Cereals
Buttered Toast w/Jelly
Mandarin Oranges
Assorted Juice

3

Blueberry Pancakes
Syrup
Assorted Cereals
Cinnamon Toast
Applesauce
Assorted Juice

4

Sausage-n- Biscuit
Jelly
Assorted Cereals
Buttered Toast
Orange Smile
Assorted Juice

5

Cinnamon Roll
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

8

Chicken Cheese Biscuit
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

9

Kolache
Assorted Cereals
Buttered Toast w/Jelly
Mandarin Oranges
Assorted Juice

10

Pancake on Stick
Syrup
Assorted Cereals
Cinnamon Toast
Sliced Peaches
Assorted Juice

11

Sausage-n- Biscuit
Jelly
Assorted Cereals
Buttered Toast
Orange Smile
Assorted Juice

12

Cinnamon Roll
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

15

Chicken Cheese Biscuit
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

16

Egg Burrito w/Salsa
Assorted Cereals
Buttered Toast w/Jelly
Mandarin Oranges
Assorted Juice

17

Mini Maple Waffle
Syrup
Assorted Cereals
Cinnamon Toast
Applesauce
Assorted Juice

18

Sausage-n- Biscuit
Jelly
Assorted Cereals
Buttered Toast
Orange Smile
Assorted Juice

19

Cinnamon Roll
Jelly
Assorted Cereals
Buttered Toast
Applesauce
Assorted Juice

22

**Have a great
Summer**

23

24

25

26

29

30

31

Good Eats At:

JOAQUIN ISD RAM CAFÉ

Breakfast Menu

Elementary \$1.75 Junior High \$1.75

High School \$1.75 Adult \$2.00

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-squid-ian
Message: Native American