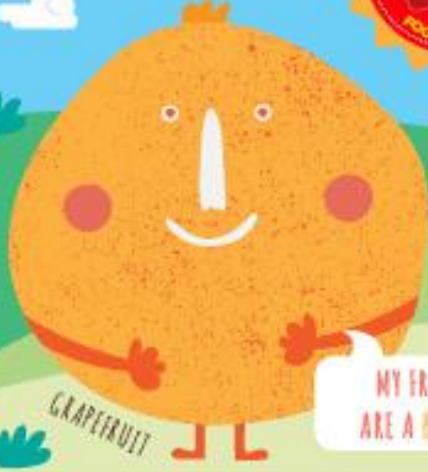


JUNE



MY FRIENDS AND I ARE A BUNCH OF FUN!



Special Announcements

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Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

**Tenaha ISD
Summer Feeding Program**

**HEALTHY
SUMMER
MEALS
FOR KIDS**
No Cost For Kids 18 and Younger

1
Breakfast- Pancake on a Stick, peaches, juice, milk
Lunch-Cheese Burger, Pickles, tots, pears, Apple

2

5
Breakfast- Biscuit, Sausage, pears, juice, milk
Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk

6
Breakfast-Omelet, toast, mixed fruit, juice, milk
Lunch- Pizza, corn, applesauce, Orange, milk

7
Breakfast- Cereal, toast, mixed fruit, juice, milk
Lunch- Corn Dog, Mac & Cheese, broccoli, pineapple, orange, milk

8
Breakfast- Pancake on a Stick, peaches, juice, milk
Lunch-Cheese Burger, Pickles, tots, pears, Apple

9

12
Breakfast- Biscuit, Sausage, pears, juice, milk
Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk

13
Breakfast-Omelet, toast, mixed fruit, juice, milk
Lunch- Pizza, corn, applesauce, Orange, milk

14
Breakfast- Cereal, toast, mixed fruit, juice, milk
Lunch- Corn Dog, Mac & Cheese, broccoli, pineapple, orange, milk

15
Breakfast- Pancake on a Stick, peaches, juice, milk
Lunch-Cheese Burger, Pickles, tots, pears, Apple

16

18
Breakfast- Biscuit, Sausage, pears, juice, milk
Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk

20
Breakfast-Omelet, toast, mixed fruit, juice, milk
Lunch- Pizza, corn, applesauce, Orange, milk

21
Breakfast- Cereal, toast, mixed fruit, juice, milk
Lunch- Corn Dog, Mac & Cheese, broccoli, pineapple, orange, milk

22
Breakfast- Pancake on a Stick, peaches, juice, milk
Lunch-Cheese Burger, Pickles, tots, pears, Apple

23

26
Breakfast- Biscuit, Sausage, pears, juice, milk
Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk

27
Breakfast-Omelet, toast, mixed fruit, juice, milk
Lunch- Pizza, corn, applesauce, Orange, milk

28
Breakfast- Cereal, toast, mixed fruit, juice, milk
Lunch- Corn Dog, Mac & Cheese, broccoli, pineapple, orange, milk

29
Breakfast- Pancake on a Stick, peaches, juice, milk
Lunch-Cheese Burger, Pickles, tots, pears, Apple

30

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

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: An a-squid-ian
Message: Native American