

**JUNE**



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**MY FRIENDS AND I ARE A BUNCH OF FUN!**



Monday

Tuesday

Wednesday

Thursday

Friday

**Good Eats At:**

**Tenaha ISD  
Summer Feeding Program**

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**  
16+ Cust. For Kids 18 and Younger

<p><b>5</b> Breakfast- Biscuit, Sausage, pears, juice, milk Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk</p>		<p><b>1</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>		<p><b>2</b></p>
		<p><b>6</b> Breakfast-Omelet, toast, mixed fruit, juice, milk Lunch- Pizza, corn, applesauce, Orange, milk</p>		<p><b>7</b> Breakfast- Cereal, toast, mixed fruit, juice, milk Lunch- Corn Dog, Mac &amp; Cheese, broccoli, pineapple, orange, milk</p>
<p><b>12</b> Breakfast- Biscuit, Sausage, pears, juice, milk Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk</p>		<p><b>8</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>		<p><b>9</b></p>
<p><b>13</b> Breakfast-Omelet, toast, mixed fruit, juice, milk Lunch- Pizza, corn, applesauce, Orange, milk</p>		<p><b>14</b> Breakfast- Cereal, toast, mixed fruit, juice, milk Lunch- Corn Dog, Mac &amp; Cheese, broccoli, pineapple, orange, milk</p>		<p><b>15</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>
<p><b>19</b> Breakfast- Biscuit, Sausage, pears, juice, milk Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk</p>		<p><b>16</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>		<p><b>17</b></p>
<p><b>20</b> Breakfast-Omelet, toast, mixed fruit, juice, milk Lunch- Pizza, corn, applesauce, Orange, milk</p>		<p><b>21</b> Breakfast- Cereal, toast, mixed fruit, juice, milk Lunch- Corn Dog, Mac &amp; Cheese, broccoli, pineapple, orange, milk</p>		<p><b>22</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>
<p><b>26</b> Breakfast- Biscuit, Sausage, pears, juice, milk Lunch-Hot Dog, Doritos, baked beans, peaches, apple, milk</p>		<p><b>23</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>		<p><b>24</b></p>
<p><b>27</b> Breakfast-Omelet, toast, mixed fruit, juice, milk Lunch- Pizza, corn, applesauce, Orange, milk</p>		<p><b>28</b> Breakfast- Cereal, toast, mixed fruit, juice, milk Lunch- Corn Dog, Mac &amp; Cheese, broccoli, pineapple, orange, milk</p>		<p><b>29</b> Breakfast- Pancake on a Stick, peaches, juice, milk Lunch-Cheese Burger, Pickles, tots, pears, Apple</p>
<p><b>30</b></p>		<p><b>30</b></p>		<p><b>31</b></p>

## Activities

# Squash

**Squash It!** 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



## 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 12 5 12 9 2 1 14 19

used squash as a valuable food source to survive the harsh winters.

# 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

## 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



**HEALTHY SUMMER MEALS FOR KIDS**  
NO COOK FOR KIDS 18 AND TOUNGER



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