

Special Announcements

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Monday

Tuesday

Wednesday

Breakfast- Cereal,

toast, mixed fruit,

Cheese, broccoli,

Breakfast- Cereal,

toast, mixed fruit,

Cheese, broccoli,

Lunch- Corn Dog, Mac &

pineapple, orange, milk

juice, milk

milk

Lunch- Corn Dog, Mac &

juice, milk

Thursday

Friday

Good Eats At:

Tenaha ISD **Summer Feeding Program**

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

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

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

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

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

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

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

Breakfast-Omelet,

toast, mixed fruit,

Lunch- Pizza, corn,

applesauce, Orange,

juice, milk

milk

Breakfast- Cereal, toast, Breakfast- Pancake on mixed fruit, juice, milk Lunch- Corn Dog, Mac & milk Cheese, broccoli, pineapple, orange, milk Pickles, tots, pears,

a Stick, peaches, juice, Lunch-Cheese Burger, **Apple**

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

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

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

Breakfast- Cereal, Breakfast- Pancake on toast, mixed fruit, a Stick, peaches, juice, juice, milk Lunch- Corn Dog, Mac Lunch-Cheese Burger, & Cheese, broccoli, Pickles, tots, pears, pineapple, orange, Apple

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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 cutside skin inside flesh and the seeds.

Witamin 1: One of the main nutritional benefits of squash is its serving of vitamin 1. Your eyes use vitamin 1 to see at night and recognize colors.

Growing Regions: East Texas, Rio Grande Valley and





Papaya

Even though papagas look like melons they are actually classified as berries and gmw on giant both 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 conters, the seeds of a papaga can be eaten and have a spicy, popperly taste.

Nitamin C: Papaga's are great source of vitamin C. Your body reeds vitamin C to grow and repair tissues in your skin and muscles

Growing Region: Rio Grande Valley



The Summer Food Service Program

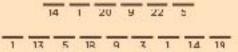
June 1st
and is ALL
summer long!

MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
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				Z - 26

Did You Know?

The English word "squash" comes from a Native American word, askutasquash, which means "eaten raw or uncooked."



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

Joke of the Month

Q. What instrument does the equash love to play?











Visit: Square Meals.org/Seasonality Wheel