

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 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-squash-an
Message: Native American