

**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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Chicken Basket  
Wedge Crust Pizza  
Ranch Dressing  
Green Beans  
Sweet Potatoes  
Raspberry Applesauce  
Sliced Pears

**2**  
Asian Chicken Salad  
Spaghetti w/Meat Sauce  
Baby Lima Beans  
Bread Sticks  
Red Grapes  
Mandarin Oranges

**3**  
Chicken Rings  
Mashed Potatoes  
Broccoli w/Cheese  
Brown Gravy  
Whole Grain Roll  
Fresh Strawberry  
Applesauce Cup

**4**  
Crispy Chicken Salad  
Cheeze Nachos  
Whole Kernel Corn  
Mexican Pinto Beans  
Salsa & Peppers  
Orange Smile  
Diced Peaches

**5**  
Chicken or Hamburger  
Sliced Cheese  
Crinkled Potatoes  
Steamed Cauliflower  
Burger Fixin's  
Applesauce  
Mango Slushie

**8**  
Chicken Sandwich  
Sliced Cheese  
Crinkled Potatoes  
Crunchy Broccoli  
Birthday Applesauce  
Fruit Cocktail

**9**  
Boneless Chicken Wing  
Ranch Beans  
Mixed Vegetables  
Macaroni & Cheese  
Banana  
Mandarin Oranges

**10**  
Chicken Nuggets  
Fluffy Mashed Potatoes  
Brown Gravy  
Black Beans  
Whole Grain Roll  
Applesauce Cup  
Fresh Strawberry

**11**  
Crispy Chicken Salad  
Soft Beef Taco  
Sweet Corn  
Chili Beans  
Jalapeno Peppers  
Orange Wedges  
Rolling Green Grapes

**12**  
Chicken or Hamburger  
Sliced Cheese  
Crinkled Potatoes  
Steamed Brussels Sprouts  
Burger Fixin's  
Applesauce  
Strawberry Slushie

**15**  
Steak Fingers  
Mashed Potatoes  
Brown Gravy  
Black Beans  
Whole Grain Roll  
Cherry Applesauce  
Sliced Pears

**16**  
Asian Chicken Salad  
Honey BBQ Rib Sandwich  
Baked Beans  
Mixed Vegetables  
Macaroni & Cheese  
Red Grapes  
Mandarin Oranges

**17**  
Chicken Rings  
Fluffy Mashed Potatoes  
Brown Gravy  
Broccoli w/Cheese  
Whole Grain Roll  
Fresh Strawberry  
Applesauce Cup

**18**  
Crispy Chicken Salad  
Cheeze Nachos  
Whole Kernel Corn  
Mexican Pinto Beans  
Salsa & Peppers  
Orange Smile  
Diced Peaches

**19**  
Chicken  
Sliced Cheese  
Crinkled Potatoes  
Steamed Brussels Sprouts  
Burger Fixin's  
Applesauce  
Blue Raspberry Slushie

**22**  
**Have a Great  
Summer**

**23**

**24**

**25**

**26**

**29**

**30**

**31**

**Good Eats At:**

**JOAQUIN ISD RAM CAFÉ**

**Lunch Menu**

Elementary \$2.50 Junior High \$2.50  
High School \$2.75 Adult \$3.50

# 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](http://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