

JUNE



Special Announcements

**WELCOME TO SUMMER SCHOOL!
BIEN VENIDOS A LA ESCUELA
DE VERANO!**

**MENU SUBJECT TO CHANGE
EL MENÚ PUEDE CAMBIAR
SIN PREVIO AVISO**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Eats At:</p> <p>TEXHOMA I.S.D.</p> <p>B & B CAFE</p>		<p>HEALTHY SUMMER MEALS FOR KIDS</p> <p><small>No Cost For Kids 18 and Younger</small></p>		
<p>5 Cereal / Toast / Fruit Juice / Milk</p> <p>Popcorn Chicken / Fruit Macaroni & Cheese Mixed Vegetables / Milk Variety</p>	<p>6 Dutch Waffle / Fruit Juice / Milk Variety</p> <p>Salisbury steak / Roasted Green Beans / Fruit Biscuit / Milk Variety</p>	<p>7 Breakfast Pizza / Fruit Juice / Milk Variety</p> <p>Chicken Quesadilla Salad / Fruit / Corn Milk Variety</p>	<p>1 Scrambled Eggs / Fruit Sausage / Juice / Milk</p> <p>Pizza Stix / Salad / Corn Marinara Sauce / Fruit Milk Variety</p>	<p>2 Cereal / Toast / Fruit Juice / Milk</p> <p>Ham & Cheese Sandwich Pork and Beans / Fruit Milk Variety</p>
<p>12 Cereal / Toast / Fruit Juice / Milk</p> <p>Pizza / Salad / Corn Fruit / Milk Variety</p>	<p>13 Ham & Egg Biscuit Fruit / Juice / Milk</p> <p>Chicken Parmesan / Fruit Green Beans / Breadstick Fruit / Milk Variety</p>	<p>14 Pancake or French toast Fruit / Juice / Milk</p> <p>Enchiladas / Spanish rice Salad / Fruit / Milk Milk Variety</p>	<p>15 Waffles / Fruit Juice / Milk</p> <p>BBQ / Bun / Fries Beans / Fruit Milk Variety</p>	<p>9 Cereal / Toast / Fruit Juice / Milk</p> <p>Ham & Cheese Sandwich Pork & Beans / Fruit Milk Variety</p> <p>16 Cereal / Toast / Fruit Juice / Milk</p> <p>Ham & Cheese Sandwich Pork & Beans / Fruit Milk Variety</p>
<p>19 Cereal / Toast / Fruit Juice / Milk</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy Green Beans / Fruit / Milk Variety</p>	<p>20 Scrambled Egg / Bacon Toast / Fruit / Juice Milk</p> <p>Burrito / Salad / Fruit Milk Variety</p>	<p>21 Breakfast Pizza / Fruit Juice / Milk</p> <p>Chicken Strips / Roll Tator Tots / Fruit Milk Variety</p>	<p>22 Cereal Toast / Juice Fruit / Milk</p> <p>Ham & Cheese Sandwich Pork & Beans / Fruit Milk Variety</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

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.



Growing Regions



Joke Answer: In a-papaya
Message: Native American