

**MAY**



**Special Announcements**

**Menu is subject to change.  
Served Daily:  
Variety of Milk  
Variety of Cereal  
Variety of Juice**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast: Breakfast Pizza Lunch: Breaded Pork Chop Mashed Potatoes Roll, Fruit</p>	<p>2 Breakfast: Sausage Kolache Lunch: Chicken Spaghetti Vegetable Medley Salad</p>	<p>3 Breakfast: Breakfast Bars Lunch: Nachos Grande Pinto Beans Salad, Sherbet</p>	<p>4 Breakfast: Breakfast Strudel Lunch: Chicken Sandwich Fries, Veggie cup Oranges</p>	<p>5 Breakfast: Breakfast Burrito Lunch: Corn Dogs Baked Beans Salad, Apples</p>
<p>8 Breakfast: Sausage Biscuit Lunch: Chicken Nuggets Mac and Cheese Green Beans</p>	<p>9 Breakfast: Dutch Waffles Lunch: Salisbury Steak Roasted Potatoes Broccoli Salad, Jello</p>	<p>10 Breakfast: Cheese Omelet Lunch: Meat and Cheese Tostadas Refried Beans</p>	<p>11 Breakfast: Bagels-N-Sausage Lunch: Frito Pie Baby Carrots Corn, Cookie</p>	<p>12 Breakfast: Cinnamon Roll Lunch: Hamburgers Fries, Cucumbers Peaches</p>
<p>15 Breakfast: Pancake Wrap  <b>Field Day</b></p>	<p>16 Breakfast: Dutch Waffles Lunch: Chili Cheese Combo Veggie Cup, Fruit Pudding</p>	<p>17 Breakfast: Pretzel Sandwich Lunch: Spaghetti Bowl Salad, Steamed Veggies, Peaches</p>	<p>18 Breakfast: Breakfast Burritos Lunch: Philly Cheese Steak Tater Tots Green Beans Fruit</p>	<p>19 Breakfast: Breakfast Pizza Lunch: Sloppy Joe Waffle Fries Fruit, Cookie</p>
22	23	24	25	26
29	30	31		

**Good Eats At:**

**NEWCASTLE ISD**

# 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.



Growing Regions



Joke Answer: In a-papaya  
Message: Native American