

MAY



Special Announcements

May 5—Cinco de Mayo!
 May 8-12 –STAAR Testing
 May 16—Muffins with Moms
 May 19—Field Day
 May 25—Early Release
 --Brown Bag it Day!

Daily Breakfast Meal Includes Choice of:
 1% White OR FF Choc Milk
 100% Fruit Juice
 Canned, Dried OR Fresh Fruit
 All Bread items are Whole Grain



Adult Breakfast--\$2.50
 Paid Breakfast--\$1.75
 Extra Milk--\$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 Muffin & Yogurt OR Cereal & Yogurt	2 Eggstravaganza & Tortilla OR Cereal	3 French Toast Sticks OR Cereal w/Yogurt	4 Mini Cinnis OR Cereal	5 Fruit Pockets OR Cereal
8 Cinnamon Roll OR Cereal W/Yogurt	9 Skillet Omelet & Tortilla OR Cereal	10 Kolache OR Cereal W/Yogurt	11 Mini Pancakes OR Cereal	12 Breakfast Pizza OR Cereal
15 French Toast Sticks OR Cereal w/Yogurt	16 Muffin & Yogurt OR Cereal & Yogurt	17 Eggstravaganza & Tortilla OR Cereal	18 Mini Cinnis OR Cereal	19 Fruit Pockets OR Cereal
22 Cinnamon Roll OR Cereal W/Yogurt	23 Skillet Omelet & Tortilla OR Cereal	24 Kolache OR Cereal W/Yogurt	25 Mini Pancakes OR Cereal	26 NO SCHOOL Student Holiday
29 NO SCHOOL Memorial Day	30 NO SCHOOL Student Holiday	31 NO SCHOOL Student Holiday	<p>Good Eats At: --LONE OAK ISD-- Elementary/Middle School BREAKFAST</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.



East Texas

Winter Garden

Rio Grande Valley

Growing Regions



Joke Answer: An a-squash-an
Message: Native American