

MAY



Special Announcements

May 5 –Cinco de Mayo!
 May 8-12 –STAAR Testing
 May 15 –National Chocolate Chip Day
 May 17 –Cherry Cobbler Day
 May 19 –ES Field Day
 May 22 –National Vanilla Pudding Day
 May 25 –Early Release
 —Brown Bag it Day

All Bread items are Whole Grain

Adult Lunch--\$3.75
 Paid Lunch--\$3.00
 Extra Milk--\$0.50
 Reduced Lunch--\$0.40



Menus subject to change based on availability

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese OR Pepperoni Pizza Baby Carrots Sweet Buttered Corn Cinnamon Applesauce Ranch Cup	2 Chili Crisпитos Salsa Dipping Cup Pinto Beans Grapes	3 Meatballs in Marinara Romaine Salad Broccoli w/Cheese Sauce Fruit Cocktail Cheesy Breadstick Ranch Cup	4 Beef Fingers OR Chicken Fried Steak Creamy Potatoes & Gravy Seasoned Green Beans Strawberries w/Topping Roll	5 Mini Tacos Lettuce/Tomato/Salsa Cup Mexican Beans Craisins
8 Pepperoni Pocket Marinara Sauce Cup Broccoli Florets w/Ranch Fruit Cup	9 Taco to Go Salsa Dipping Cup Cucumber Sticks w/Ranch Apple Slices	10 Turkey & Cheese Wrap 3/4C Carrot Dippers w/Ranch Raisels	11 Hamburger OR Cheeseburger Baked Lays Potato Chips Broccoli w/Ranch Apple Slices	12 Corn Dog 3/4C Carrot Dippers w/Ranch Fruit Cup
15 Cheese OR Pepperoni Pizza Steamed Carrots Mixed Veggies Strawberries w/Topping Ranch Cup Chocolate Chip Cookie	16 Fajitas Sweet Buttered Corn Lettuce/Tomato/Cheese Fresh Pear	17 Rotini w/Meatsauce Romaine Salad Sweet Potato Coins Cherry Cobbler Ranch Cup	18 Chicken Tenders Creamy Potatoes & Gravy Steamed Normandy Blend Banana Roll	19 Turkey & Cheese Croissant Baked Lays Potato Chips Cucumber Sticks w/Ranch Watermelon *Bottled Water*ES only
22 Cheese OR Pepperoni Pizza Seasoned Green Beans Sweet Buttered Corn Orange Smiles Ranch Cup Vanilla Pudding w/Cherry	23 Nachos w/Tostitos Chips Lettuce & Diced Tomato Salad Refried Beans Blueberries w/Topping Ranch Cup	24 Saucy Meatballs Romaine Salad Savory Carrots Banana Garlic Breadstick Ranch Cup	25 Brown Bag it Day	26 NO SCHOOL STUDENT HOLIDAY
29 NO SCHOOL MEMORIAL DAY STUDENT HOLIDAY	30 NO SCHOOL STUDENT HOLIDAY	31 NO SCHOOL STUDENT HOLIDAY	Good Eats At: --LONE OAK ISD-- ELEMENTARY & MIDDLE SCHOOL LUNCH	

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