

**MAY**



**Special Announcements**

**ALL MEALS COME WITH A CHOICE OF MILKS AND FRESH VEGGIES AND FRUITS. MAKE SURE TO HAVE A FRUIT OR VEGGIE ON YOUR PLATE**



Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>BEAN AND CHEESE NACHOS</b>	2 <b>PASTA BAKE GREEN BEANS CORN GARLIC BREAD</b>	3 <b>BURGERS BURGERS BURGERS</b>	4 <b>CHECK MENU BOARD</b>	5 <b>PIZZA PIZZA PIZZA</b>
8	9	10	11	12
15 <b>TUNA SALAD EGG SALAD RICE &amp; QUINOA SALAD</b>	16 <b>BAKED POTATO CAESAR SALAD</b>	17 <b>BURGERS BURGERS BURGERS</b>	18 <b>DELI SANDWICH FRIES</b>	19 <b>PIZZA PIZZA PIZZA</b>
22	23	24 <b>BURGERS BURGERS BURGERS</b>	25 <b>BBQ PORK HUMMUS</b>	26 <b>PIZZA PIZZA PIZZA</b>
29	30	31 <b>BURGERS BURGERS BURGERS</b>	<b>BAKED POTATO CAESAR SALAD</b>	<b>PIZZA PIZZA PIZZA</b>

**BURGERS**

WARM GARLIC  
OR COLD  
SESAME  
NOODLES

BBQ CHICKEN  
POTATO SALAD  
COLE SLAW

MAC &  
CHEESE  
GREEN BEANS

SOFT CHICKEN  
TACOS, RICE,  
BEANS

## Squash

**Squash It!** 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



## Activities

NO  
SCHOOL

CHECK  
MENU  
BOARD

## MESSAGE DECODER

A - 1	F - 6	L - 12	Q - 17	V - 22
B - 2	G - 7	M - 13	R - 18	W - 23
C - 3	H - 8	N - 14	S - 19	X - 24
D - 4	I - 9	O - 15	T - 20	Y - 25
E - 5	J - 10			Z - 26

THE DRAGON CAFE

## 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