

MAY



Special Announcements

BREAKFAST MENU SUBJECT TO CHANGE

SERVED DAILY

- CEREAL W/ TOAST
- 100% FRUIT JUICE
- CANNED FRUIT OR FRESH FRUIT
- FAT FREE CHOCOLATE MILK
- 1% WHITE MILK

BREAKFAST PRICES
 STUDENTS\$1.25
 STAFF.....\$1.50



Monday Tuesday Wednesday Thursday Friday

| | | | | |
|--|---|--|---|---|
| 1 WAFFLES W/ BACON OR BREAKFAST ROUND W/ YOGURT | 2 BISCUIT AND GRAVY SCRAMBLED EGGS W/ HAM OR BREAKFAST STRUDEL W/ CHEESE STICK | 3 CINNAMON ROLL W/SAUSAGE OR BREAKFAST PARFAIT | 4 SAUSAGE, EGG & CHEESE PRETZEL SANDWICH OR ANIMAL CRACKERS W/ CHEESE STICK | 5 BREAKFAST BURRITO OR BREAKFAST ROUND W/ YOGURT |
| 8 SAUSAGE BISCUIT OR MUFFIN W/ YOGURT | 9 BREAKFAST BOAT OR BREAKFAST STRUDEL W/CHEESE STICK | 10 CHICKEN-N-WAFFLES OR BREAKFAST PARFAIT | 11 STUFFED BAGEL W/SAUSAGE OR ANIMAL CRACKERS W/ CHEESE STICK | 12 DUTCH WAFFLE W/ BACON OR BREAKFAST ROUND W/ YOGURT |
| 15 SAUSAGE KOLACHE W/ YOGURT OR MUFFIN W/ YOGURT | 16 CHEESE OMELETE WRAP OR BREAKFAST STRUDEL | 17 BREAKFAST PIZZA OR BREAKFAST PARFAIT | 18 WAFFLES W/ SAUSAGE OR ANIMAL CRACKERS W/ CHEESE STICK | 19 CINNAMON ROLL W/ BACON OR BREAKFAST ROUND W/ YOGURT |
| 22 MENU SUBJECT TO CHANGE | | 24 | 25 | 26 |

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|--------|----|---|--|
| 29 | 31 | <p>Good Eats At: CANADIAN ISD BREAKFAST MENU</p> | |
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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



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

Visit: SquareMeals.org/SeasonalityWheel