

MAY



Special Announcements

OFFERED DAILY

MILK

LOWFAT CHOCOLATE 1% WHITE

SALAD Entrée Choices 3-12 GRADES

LUNCH PRICES

STUDENTS K-5 \$1.75



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER KID MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

1 PIZZA CHOICE
HAMBURGER
CHEESEBURGER
BROCCOLI AND
CARROTS
MIXED FRUIT

2 HOT HAM & CHEESE
PRETZEL SANDWICH
OR
ASIAN BOWL/EGGROLL
TOM. -CUCUMBER
GARDEN SALAD
FRUIT CUP

3 CHICKEN ALFREDO
W/BREADSTICK OR
PHILLY CHEESE STEAK
SANDWICH TATOR TOTS
CARROT COINS
APPLE SLICES
/COOKIE

4 CHICKEN BOWL
OR
TEXAS BASKET
SAVORY GREEN BEANS
APPLE-PINEAPPLE
D'LITE

5 FISH STRIPS
W/TEXAS TOAST
OR
BBQ ON A BUN
COLESLAW
PINTO BEANS
ORANGE SMILES

8 PIZZA
GARDEN SALAD
TINY TOMATO CUP
FRUIT

9 HAMBURGER
CHEESEBURGER
HAMBURGER GARNISH
OVEN FRIES
BABY
CARROTS/PEACHES

10 MEATBALL SUB
W/POTATO ROUNDS
OR
CHILI CHEESE COMBO
FRESH VEGGIE CUP
FRESH FRUIT
CHOCOLATE PUDDING

11 CHICKEN NUGGETS
MAC AND CHEESE
GREEN BEANS OR
CORNDOGS W/ FRIES
BROCCOLI /APPLE
SLICES

12 ENCHILADAS OR
TACO STICK
CHARRO BEANS
GARDEN SALAD
ROSEY APPLESAUCE

15 STEAK FINGERS
W/GRAVY
OR MEATLOAF
MASHED POTATOES
SAVORY GREEN
BEANS
STRAWBERRY CUP

16 MEAT & CHEESE
TOSTADAS OR
CHICKEN QUESADILLAS
ZESTY CUCUMBERS
REFRIED BEANS
LETTUCE AND TOMATO
ROSEY APPLESAUCE

17 PORK CHOPS W/
BROWN GRAVY OR
PIZZA
GARDEN SALAD
VEGETABLE MEDLEY
ORANGE SMILES

18 CORNDOGS W/FRIES
OR FRITO PIE
BABY CARROTS
CORN
LETTUCE AND TOMATO
PEACHES
COOKIE

19

EARLY RELEASE

NO LUNCH

ENJOY YOUR SUMMER

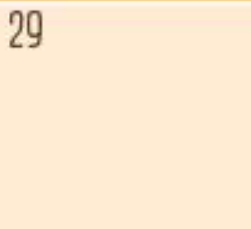
22

MENU
SUBJECT TO
CHANGE

23



25



31

Good Eats At:
CANADIAN ISD
LUNCH MENU
MENU SUBJECT TO CHANGE

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.



Growing Regions



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