

MAY



Special Announcements

COLMMESNEIL BREAKFAST MENU

CONDIMENTS

JELLY
SYRUP
SALSA



Monday	Tuesday	Wednesday	Thursday	Friday
1 HONEY BUNS CEREAL/TOAST JUICE/MILK FRUIT	2 PANCAKE SAUSAGE CEREAL/TOAST JUICE/MILK FRUIT	3 BREAKFAST BURRITO CEREAL/TOAST JUICE/MILK FRUIT	4 BREAKFAST PIZZA CEREAL/TOAST JUICE/MILK FRUIT	5 SAUSAGE BISCUIT CEREAL/TOAST JUICE/MILK FRUIT
6 DONUTS CEREAL/TOAST JUICE/MILK FRUIT	7 PANCAKE SAUSAGCEREAL/TOAST JUICE/MILK FRUIT	8 HONEY BUN CEREAL/TOAST JUICE/MILK FRUIT	9 BREAKFAST BURRITO CEREAL/TOAST JUICE/MILK FRUIT	10 SAUSAGE BISCUIT CEREAL/TOAST JUICE/MILK FRUIT
11 POP TARTS CEREAL/TOAST JUICE/MILK FRUIT	12 BREAKFAST PIZZA CEREAL/TOAST JUICE/MILK FRUIT	13 MINI PANCAKE CEREAL/TOAST JUICE/MILK FRUIT	14 CINNAMON ROLL CEREAL/TOAST JUICE/MILK FRUIT	15 SAUSAGE BISCUIT CEREAL/TOAST JUICE/MILK FRUIT
16 BREAKFAST PIZZA CEREAL/TOAST JUICE/MILK FRUIT	17 PANCAKE SAUSAGE CEREAL/TOAST JUICE/MILK FRUIT	18 BREAKFAST BURRITO CEREAL/TOAST JUICE/MILK FRUIT	19 HONEY BUNS CEREAL/TOAST JUICE/MILK FRUIT	20 SAUSAGE BISCUIT CEREAL/TOAST JUICE/MILK FRUIT
29	30	31	<div data-bbox="1094 1827 1412 1862" data-label="Text"> <p>Good Eats At:</p> </div>	

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-squid-ian
Message: Native American