

MAY



Special Announcements

COLMESNEIL LUNCH MENU

CONDIMENTS

- MAYO PACKETS
- MUSTARD PACKETS
- KETCHUP PACKETS
- PICKLES
- SOUR CREAM
- BACO BITS



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Tenders Potatoes/gravy Blackeye Peas Rolls Fruit Milk	2 Grilled Chicken Sandwich Lettuce Cup Ranch Beans Fruit Milk	3 Pizza Tossed Salad Steamed Carrots Fruit Milk	4 Steak Fingers Potato/Gravy Northern Beans Rolls Fruit Milk	5 Hamburgers Lettuce Cups French Fries Sliced tomatoes Fruit Milk
8 Chicken Rings Potato/Gravy Blackeyes Peas Rolls Fruit Milk	9 Chipped Beef On Bun Baked Beans Cole slaw Fruit Milk	10 Chicken Fajita Salad Refried Beans Fruit Milk	11 Mini Subs Vegetable BeanMac/Cheese Fruit Milk	12 Chicken Sandwich Lettuce Cup French Fries Fruit Milk
15 Pizza Corn Steam Carrots Fruit Milk	16 Chicken Spaghetti Salad Green Beans Rolls Fruit Milk	17 Sack Lunches Hamburgers Ranch Beans Salad Fruit Milk	18 Soft Tacos Refried Beans Spanish Rice Fruit Milk	19 Chicken Fried Steak Fries Texas Toast Gravy Peas/Fruit Milk
22 Bar B Que on Bun Baked Beans Salad Fruit Milk	23 Meat/Cheese Nachoes Pinto Beans Corn Fruit Milk	24 Mini Corn Dogs Mac and Cheese Turnips Greens Fruit Milk	25 Steakfingers Potato/Gravy Rolls Northern Beans Fruit Milk	26 Hamburgers Fries Lettuce Fruit Milk
29	30	31	<div data-bbox="1096 1827 1409 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-squash-an
Message: Native American