

MAY



Special Announcements

BREAKFAST PRICES
PK – 12.....\$1.00
REDUCED.....30c
ADULT.....\$1.50

OFFERED DAILY
VARIETY OF CEREALW/TOAST
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks w/ Syrup Fruit Variety Juice Choice Milk Choice	2 Breakfast Pizza Fruit Variety Juice Choice Milk Choice	3 Sausage, Egg & Cheese Biscuit Fruit Variety Juice Choice Milk Choice	4 Cinnamon Roll w/ Yogurt Fruit Variety Juice Choice Milk Choice	5 Cereal W/Toast Or Cinnamon Toast Fruit Variety Juice Choice Milk Choice
8 Mini Pancakes w/ Syrup Fruit Variety Juice Choice Milk Choice	9 Bacon, Egg and Cheese Taco Fruit Variety Juice Choice Milk Choice	10 Sausage & Biscuit Fruit Variety Juice Choice Milk Choice	11 Muffin w/Yogurt Fruit Variety Juice Choice Milk Choice	12 Cereal w/Toast Or Cinnamon Toast Fruit Variety Juice Choice Milk Choice
15 Mini Waffles Fruit Variety Juice Choice Milk Choice	16 Pig in a blanket Fruit Variety Juice Choice Milk Choice	17 Mini Cinnis Fruit Variety Juice Choice Milk Choice	18 Apple or Cherry Frudels Fruit Variety Juice Choice Milk Choice	19 NO SCHOOL
22 Breakfast Bagel Fruit Variety Juice Choice Milk Choice	23 Muffin w/ Yogurt Fruit Variety Juice Choice Milk Choice	24 Sausage w/ Biscuit Fruit Variety Juice Choice Milk Choice	25 Cinnamon Roll w/ Yogurt Fruit Variety Juice Choice Milk Choice	26 NO SCHOOL
29 HAVE	30 A SAFE	31 SUMMER!!!	<p>Good Eats At: GRAFORD ISD BREAKFAST MENU</p>	

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



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
Rio Grande Valley
Winter Garden

Growing Regions

