

MAY



Special Announcements

LUNCH PRICES

PK – 8.....	\$2.10
9 – 12.....	\$2.35
REDUCED.....	40¢
ADULTS.....	\$3.70

THIS IS AN EQUAL OPPORTUNITY PROVIDER



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese or Pepperoni Pizza Green Beans Lettuce w/ tomatoes Fruit Variety Milk Choice	2 Chili Dogs Shredded Cheese Potato Smiles Carrots w/ dip Fruit Variety Milk Choice Chocolate Chip cookie	3 Chicken Spaghetti Garlic Toast Steamed Veggies Seasoned Corn Fruit Variety Milk Choice	4 Soft Beef Tacos Pinto Beans Lettuce W/ tomatoes Fruit Variety Milk Choice	5 Breaded Chicken Sandwich Salad Toppings French Fries Fruit Variety Milk Choice
8 Chicken Crisпитos Cheese Sauce Pinto Beans Baby Carrots W/ dip Fruit Variety Milk Choice	9 Mini Corndogs Baked Beans Celery W/peanut butter Fruit Variety Milk Choice	10 Chicken Fingers Macaroni & Cheese Green Beans Fruit Variety Milk Choice	11 Pulled Pork Sliders Potato Salad Cold Slaw Fruit Variety Milk Choice	12 Hamburger Cheese Slice Salad Toppings French Fries Fruit Variety Milk Choice
15 Chicken Nuggets Mashed Potatoes Blackeyed Peas Gravy w/ Roll Fruit Variety Milk Choice	16 Cheese or Pepperoni Pizza Green Beans Seasoned Corn Fruit Variety Milk Choice	17 Ham & Cheese Croissant Salad Toppings Baked Squash Fruit Variety Milk Choice	18 Steak Fingers Mashed Potatoes Gravy w/ Roll Peas & Carrots Fruit Variety Milk Choice	19 NO SCHOOL
22 Frito Pie Pinto Beans Garden Side Salad Fruit Variety Milk Choice	23 Mini Corndogs Baked Beans Celery Sticks W/ Peanut Butter Fruit Variety Milk Choice	24 Cheese or Pepperoni Pizza Seasoned Corn Garden Side Salad Fruit Variety Milk Choice	25 SACK LUNCH Hot Ham & Cheese Sandwich Baby Carrots W/dip Baked Chips Fruit Cup Milk Choice	26 NO SCHOOL
29 HAVE	30 A SAFE	31 SUMMER!!!!	<p>Good Eats At:</p> <p>GRAFORD ISD LUNCH 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



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



HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

