

MAY



Special Announcements

WELLMAN-UNION BREAKFAST MENU

WHITE, CHOCOLATE AND STRAWBERRY MILK IS OFFERED DAILY WITH BREAKFAST

ITEMS ON MENU ARE SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

1 Waffles Bacon or Cereal Variety Toast Fresh Fruit Juice & Milk	2 Biscuit & Gravy Scrambled Eggs Ham Or Breakfast Strudel Cheese Stick Juice & Milk	3 Cinnamon Roll Sausage Or Breakfast Parfait Fresh Fruit Milk & Juice	4 Sausage, Egg & Cheese Pretzel Sandwich Or Animal Crackers Cheese Stick Milk & Juice	5 Breakfast Burrito Hash Brown Or Breakfast Round Yogurt Fresh Fruit Milk & Juice
8 Sausage Biscuit Or Muffin Yogurt Fresh Fruit Juice & Milk	9 Chicken -n- Waffles Or Breakfast Parfait Fresh Fruit Juice & Milk	10 Pita Pocket Breakfast Or PBJ Sandwich Fresh Fruit Juice & Milk	11 Stuffed Bagel Sausage Or Animal Crackers Cheese Stick Fresh Fruit Juice & Milk	12 Dutch Waffle Bacon Or Cereal Variety Toast Fresh Fruit Juice & Milk
15 Cheese Omelet Wrap Or Breakfast Round Yogurt Fresh Fruit Juice & Milk	16 Breakfast Pizza Or Breakfast Strudel Cheese Stick Fresh Fruit Juice & Milk	17 Waffles Sausage Or Muffin Yogurt Fresh Fruit Juice & Milk	18 Cinnamon Roll Bacon Or Cereal Variety Toast Fresh Fruit Juice & Milk	19
22	23	24	25	26

29

30

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Good Eats At:

This product was funded by the USDA. This institution is an equal opportunity provider.

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