

MAY



Special Announcements

Wellman- Union Lunch Menu

WHITE, CHOCOLATE AND STRAWBERRY MILK IS OFFERED DAILY WITH LUNCH

OFFERED DAILY FOR GRADES 9-12 (IN ADDITION TO THE FRUIT SERVING IN THE MENU) IS FRESH FRUIT AND/OR ASSORTED FRUIT JUICE

ITEMS ON MENU ARE SUBJECT TO CHANGE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER NIG BELLOR

Monday

Tuesday

Wednesday

Thursday

Friday

1 Pizza
Broccoli Bites
Baby Carrots
Mixed Fruit
Milk

2 Hot Ham & Cheese
Pretzel Sandwich
Tomato Cucumber Cup
Garden Salad
Snowball Salad
Milk

3 Texas Basket
Carrot Coins
Apple Slices
Cookie
Milk

4 BBQ on a Bun
Coleslaw
Pinto Beans
Orange Smiles
Milk

5 Chicken Bowl
Savory Green Beans
Gravy
Roll
Apple-Pineapple D'Lite
Milk

8 Taquitos & Queso
Charro Beans
Garden Salad
Hot Cinnamon Apples
Milk

9 Meatball Sub
Potato Rounds
Fresh Veggie Cup
Fresh Seasonal Fruit
Vanilla Pudding
Milk

10 Pizza
Garden Salad
Tiny Tomato Cup
Fruit Cup
Milk

11 Chicken Nuggets
Mac & Cheese
Savory Green Beans
Broccoli
Apple Slices
Milk

12 Corn Dogs
Oven Fries
Baby Carrots
Sliced Peaches
Crispy Cereal Treat
Milk

15 Country Fried Steak
Gravy
Mashed Potatoes
Savory Green Beans
Roll
Strawberry Cup
Milk

16 Meat & Cheese
Tostadas
Salsa
Zesty Cucumbers
Refried Beans
Lettuce & Tomato
Garnish

17 Pizza
Garden Salad
Vegetable Medley
Orange Smiles
Milk

18 PBJ Sandwich
String Cheese
Baby Carrots
Jicama Sticks
Goldfish Crackers
Fruit
Milk

19

22

23 Rosy Applesauce

24

25

26

29

30

31

Good Eats At:

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