

**MAY**



**Special Announcements**

Choice of Milk is available with every meal.  
Water available with every meal

Cereal w / Toast available as a choice  
With every breakfast  
Yogurt w/ Toast and Granola available as a choice with every breakfast

Chef Salad or Baked Potato w/small salad offered as a Choice Daily.

Best time to pay on Lunch Account is 9-10 AM  
12:30-2 PM

All Charges need to be paid by the 26 of May please.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Breakfast: Omelet, Toast, fresh fruit, Juice, Jelly, Salsa</p> <p>Lunch: Popcorn Chicken, Corn, Fries, roll, peaches, Ketchup</p>	<p><b>2</b> Breakfast: Sausage Roll, fresh fruit, Juice, jelly</p> <p>Lunch: Sweet Asian Chicken, Broccoli, Carrot Sticks, Brown Rice, Egg roll, mandarin oranges, Ranch</p>	<p><b>3</b> Breakfast: Biscuit, Sausage gravy, fresh Fruit, juice, Jelly</p> <p>Lunch: Taco's, Cornbread, salad, Charo beans, Fresh Fruit, Ranch, Italian, Salsa</p>	<p><b>4</b> Breakfast: Breakfast On a Stick, syrup, Fresh fruit, Juice, jelly</p> <p>Lunch: Salisbury Steak Mashed Potato, roll, mix. Veggies, Brown Gravy, pear</p>	<p><b>5</b> Breakfast: Pancakes, Sausage, Jelly, Juice, Fresh fruit, Syrup</p> <p>Lunch: Hotdog, Baked Beans, Sweet Potato Gems, Oranges, Pickle spears, Ketchup, Mustard</p>
<p><b>8</b> Breakfast: French Toast Sticks, Fresh Fruit, Juice, Jelly, Syrup</p> <p>Lunch: Chicken nuggets, Fries, Black-eyed peas, Roll, Pineapple, Ketchup</p>	<p><b>9</b> Breakfast: breakfast Pizza, fresh fruit, Juice, jelly, Salsa</p> <p>Lunch: Spaghetti w/ meat sauce, Salad, Carrots, Garlic Toast, Peaches, Ranch, Italian</p>	<p><b>10</b> Breakfast: Biscuit, Sausage, gravy, fresh Fruit, juice, Jelly</p> <p>Lunch: Chicken Quesadilla, Corn, Pinto Beans, Fresh Fruit, Ranch, Salsa</p>	<p><b>11</b> Breakfast: Muffin, Fresh Fruit, Juice, Jelly</p> <p>Lunch: Pizza, Romaine Salad, Cucumber slices, Mixed Fruit, Ranch, Italian</p>	<p><b>12</b> Breakfast: Pancakes, Sausage, Jelly, Juice Fresh fruit</p> <p>Lunch: Grilled Chicken or Hot &amp; Spicy Chicken Sandwich, HB salad, sweet fries, apple Ketchup, Mayo, Mustard</p>
<p><b>15</b> Breakfast: Breakfast Bar, Fresh Fruit, Juice, Jelly</p> <p>Lunch: Steak Fingers, Mashed Potato w/gravy, Roll, Black-eyed Peas, peaches</p>	<p><b>16</b> Breakfast: Cinnamon Roll, fresh fruit, juice, jelly</p> <p>Lunch: Corndog, Fries, Salad, Pears, Ketchup, Mustard, Ranch, Italian</p>	<p><b>17</b> Breakfast: Biscuit, sausage gravy, fresh fruit, juice, Jelly</p> <p>Lunch: Soft Chicken Fajita taco, refried beans, Salad, Fresh Fruit, Sugar Cookie, Ranch, Italian, Salsa</p>	<p><b>18</b> Breakfast: Breakfast On a stick, fresh fruit, Juice, jelly, Syrup</p> <p>Lunch: Chicken Alfredo, Broccoli, Carrot Sticks, Garlic Sticks, Mandarin oranges. Ranch</p>	<p><b>19</b> Breakfast: Pancakes, Sausage, Jelly, Juice, Fresh fruit, Syrup</p> <p>Lunch: Hamburger, or cheeseburger, HB salad, sweet fries, oranges, Ketchup, Mayo, Mustard</p>
<p><b>22</b> No School</p>	<p><b>23</b> Breakfast: Muffins, Juice, Fresh Fruit, jelly</p> <p>Lunch: Chicken Strips, mashed potato, gravy, green beans, roll, Peaches, Ketchup</p>	<p><b>24</b> Breakfast: Biscuit, sausage gravy, fresh fruit, juice, jelly</p> <p>Lunch: Grilled Ham &amp; cheese, sweet fries, carrot sticks, pickle spears, Soup oranges. Ketchup</p>	<p><b>25</b> Breakfast: Breakfast Burrito, Fresh Fruit, Juice, Jelly, Salsa</p> <p>Lunch: Pizza, Salad, Carrots, pears, Ranch, Italian</p>	<p><b>26</b> Breakfast: Pancakes, Sausage, Jelly, Juice, Fresh fruit, Syrup</p> <p>Lunch: Nachos, Charo beans, cornbread, salad, Fresh Fruit Ranch, Italian, Salsa</p>

29

30

31

**Have a good summer**

**Good Eats At:**  
Gordon ISD

# 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](http://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