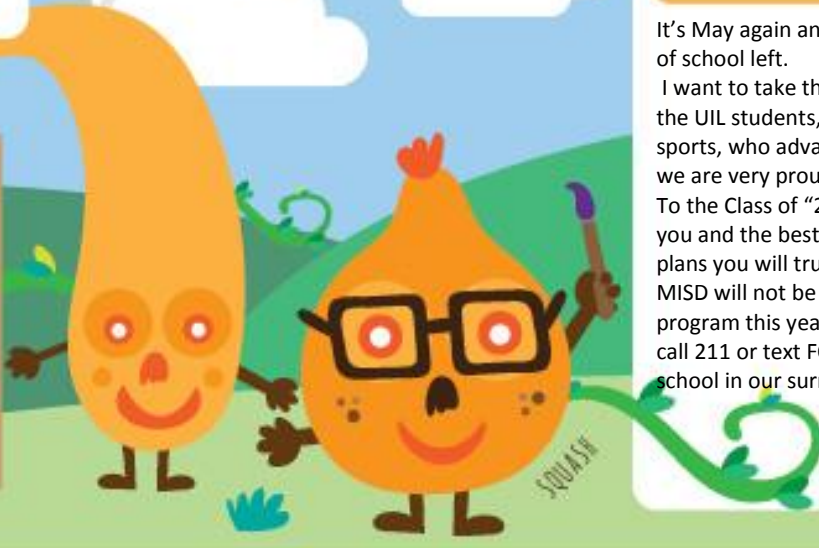


# MAY



## Special Announcements

It's May again and we have only 15 more days of school left.

I want to take the time to congratulate all of the UIL students, in academics and spring sports, who advanced and did such a great job, we are very proud of you.

To the Class of "2017" it was a pleasure serving you and the best of luck to all of your future plans you will truly be missed.

MISD will not be doing the summer feeding program this year again, but if needed you can call 211 or text FOODTxto877-877 to find a school in our surrounding area.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Toast, Fruit, Cereal of Choice</p> <p>Chicken Burger Burger Salad Cup Baked Beans Fruit Milk</p>	<p>2 Sausage Rolls, Fruit, Cereal of Choice</p> <p>Nachos Grande Nacho Salad Cup Fiesta Salad Fruit Milk</p>	<p>3 Breakfast Pizza, Fruit, Cereal of Choice</p> <p>Cheese Burger Burger Salad Tater Tots Fruit Milk</p>	<p>4 Waffles, Fruit, Cereal of Choice</p> <p>Meat &amp; Spaghetti Glazed Carrots Green Beans Breadsticks, Fruit Milk</p>	<p>5 Breakfast Taco, Fruit, Cereal of Choice</p> <p>Beef Stroganoff Mashed Potatoes Country Style Veg. Rolls Fruit, Milk</p>
<p>8 Muffins, Fruit, Cereal of Choice</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Fruit, Bread Milk</p>	<p>9 Breakfast Pizza, Fruit, Cereal of Choice</p> <p>Crispy Beef Tacos Taco Salad Cup Pinto Beans Spanish Rice Fruit, Milk</p>	<p>10 Pancake Sausage Wrap, Fruit, Cereal of Choice</p> <p>Hoagie Sandwich Sandwich Salad Cup Carrot Sticks Chips Fruit, Milk</p>	<p>11 Pancakes, Fruit, Cereal of Choice</p> <p>Chicken Spaghetti Corn Garden Salad Breadsticks, Fruit Milk</p>	<p>12 Biscuits, Sausage, Fruit, Cereal of Choice</p> <p>Meatball Sub Cole Slaw Sweet Pot Fries Fruit Milk</p>
<p>15 Toast, Fruit, Cereal of Choice</p> <p>Hamburger Burger Salad Cup French Fries Fruit Milk</p>	<p>16 Manager Choice, Fruit, Cereal of Choice</p> <p>Chicken Fajitas Fajita Salad Cup Fiesta Corn Fruit Milk</p>	<p>17 Manager's choice, Fruit, Cereal of Choice</p> <p>Chili Macaroni Green Beans Glazed Carrots Fruit Bread, Milk</p>	<p>18 Manager's Choice, Fruit, Cereal of Choice</p> <p>Chicken Club Sandwich Salad Cup Baked Beans Fruit Milk</p>	<p>19 Manager's Choice, Fruit, Cereal of Choice</p> <p>Pizza Choice of Vegetables Choice of Fruit Milk</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p> <p>Have a great summer, see you back in August.</p>	<div data-bbox="1091 1824 1411 1862" data-label="Section-Header"> <h3>Good Eats At:</h3> </div> <div data-bbox="1115 1862 1385 1894" data-label="Text"> <p><b>KATZ N' KITTENS CAFÉ</b></p> </div> <div data-bbox="1164 1894 1333 1925" data-label="Text"> <p><b>361-596-4821</b></p> </div> <div data-bbox="998 1923 1515 1980" data-label="Text"> <p>All menus are subject to change. A variety of juice and milk offered with breakfast.</p> </div> <div data-bbox="1034 1976 1472 2007" data-label="Text"> <p><i>This institution is an equal opportunity provider.</i></p> </div>	

# 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



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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