

**MAY**



**Special Announcements**

**SPUR ISD K-12 BREAKFAST MENU**

**\*MAY 15<sup>TH</sup> MUFFINS WITH MOM**

**NO SCHOOL MAY 12<sup>TH</sup>**

**LAST DAY OF SCHOOL/EARLY RELEASE MAY 18<sup>TH</sup>**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER KID WELLS

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST ROUND YOGURT FRUIT FRUIT JUICE MILK VARIETY	2 SAUSAGE BISCUIT FRUIT FRUIT JUICE MILK VARIETY	3 BREAKFAST SLIDERS FRUIT FRUIT JUICE MILK VARIETY	4 WAFFLES YOGURT FRUIT FRUIT JUICE MILK VARIETY	5 EGG AND CHEESE SANDWICH FRUIT FRUIT JUICE MILK VARIETY
8 BREAKFAST STRUDEL CHEESE STICK FRUIT FRUIT JUICE MILK VARIETY	9 MINI PANCAKES YOGURT FRUIT FRUIT JUICE MILK VARIETY	10 SAUSAGE KOLACHE CHEESE STICK FRUIT FRUIT JUICE MILK VARIETY	11 BREAKFAST BURRITO FRUIT FRUIT JUICE MILK VARIETY	12 NO SCHOOL
15 MUFFINS WITH MOMS YOGURT FRUIT FRUIT JUICE MILK VARIETY	16 CINNAMON PULL- A-PARTS CHEESE STICK FRUIT FRUIT JUICE MILK VARIETY	17 PANCAKE WRAP FRUIT FRUIT JUICE MILK VARIETY	18 BREAKFAST PIZZA FRUIT FRUIT JUICE MILK VARIETY	19
22	23	24	25	26
29	30	31		

# 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