

# MAY



## Special Announcements

There will be no school on May 29, 2017 – Memorial Day.

The Lunch Menu for June will be open lunch and breakfast (KIDS CHOICE) for all 3 servings.

Panther Café will be accepting applications for the 2017-2018 school year for a cook and an assistant please contact Ms. Precious for employment opportunities.

(386) 252-7915 ext. 331



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> B: Pop Tarts + Sausage  L: Fish Sticks Broccoli Assorted Fresh Fruit	<b>2</b> B: Cereal + Juice + String Cheese  L: Cheese Toast Garden Salad Juice	<b>3</b> B: French Toast Sticks + Eggs + Juice  L: Beef Steak w/ Gravy Lima Beans Corn Bread + Fruit Juice	<b>4</b> B: Cereal + Juice+ String Cheese L: Hot Dog (Beef) w/ Bun Baked Beans Applesauce	<b>5</b> B: Breakfast Pizza + Juice  L: Cheese Pizza (2 slices) Peaches Carrot Sticks
<b>8</b> B: Cereal + Fresh Fruit + String Cheese L: Chicken Nuggets Pinto Beans Fresh Fruit	<b>9</b> B: Breakfast Pizza + Juice  L: Nachos w/ Cheese Corn Fresh Fruit	<b>10</b> B: French Toast Sticks + Eggs + Juice  L: Chicken Tenders Lima Beans Corn Bread + Fruit Juice	<b>11</b> B: Breakfast Pizza + Fruit Juice L: Corn Dog Corn Fruit Juice	<b>12</b> B: Breakfast Pizza + Juice  L: Cheese Pizza (2 slices) Peaches Carrot Sticks
<b>15</b> B: Cereal + Juice + String Cheese  L: Cheese Toast Garden Salad Juice	<b>16</b> B: Pop Tarts + Sausage  L: Fish Sticks Broccoli Assorted Fresh Fruit	<b>17</b> B: Cereal + Juice + String Cheese  L: Cheese Toast Garden Salad Juice	<b>18</b> B: French Toast Sticks + Eggs + Juice  L: Chicken Tenders Lima Beans Corn Bread + Fruit Juice	<b>19</b> B: Breakfast Pizza + Juice  L: Cheese Pizza (2 slices) Peaches Carrot Sticks
<b>22</b> B: Breakfast Pizza + Fruit Juice L: Corn Dog Corn Fruit Juice	<b>23</b> B: Breakfast Burrito w/ Salsa+ Fruit Juice L: BBQ Chicken Salad Banana	<b>24</b> B: Breakfast Cereal+ Fruit L: Cheese Sticks w/ Sauce Mixed Veggies Orange Slices	<b>25</b> B: Breakfast Pizza + Juice  L: Nachos w/ Cheese Corn Fresh Fruit	<b>26</b> B: Breakfast Pizza + Juice  L: Cheese Pizza (2 slices) Peaches Carrot Sticks
<b>29</b> 	<b>30</b> B: Breakfast Pizza + Fruit Juice L: Corn Dog Corn Fruit Juice	<b>31</b> B: French Toast Sticks + Eggs + Juice  L: Beef Steak w/ Gravy Lima Beans Corn Bread + Fruit Juice	<div data-bbox="998 1806 1534 1984" style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>Good Eats At:</b>  <b><u>Basilica School of Saint Paul</u></b>  <b><u>Panther Cafe</u></b></p> </div>	

# Squash

**Squash It!** 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



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, *aekutasquash*, 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

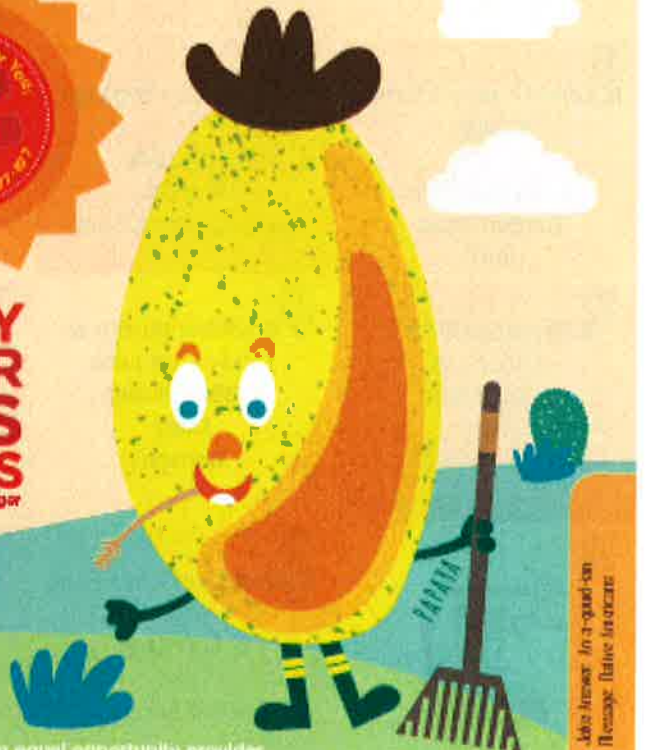
Winter Garden

Rio Grande Valley

Growing Regions



**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger



Also known as a "quad-on" Message: Native Americans