### Vegetarian Options
- 06/02- Pasta w/Alfredo Sauce & Cheese
- 06/06- Veggie Nuggets
- 06/07- Meat Sub w/Sweet & Sour Sauce
- 06/08- Meat Sub w/Taco Seasoning on Bun
- 06/09- Cheese Sub
- 06/12- Meat Sub BBQ flavoring on Bun
- 06/13- Cheese Quesadilla
- 06/16- Meat Sub w/Pasta & Plain Sauce
- 06/15- Veggie Patti on Bun
- 06/16- Veggie Nuggets
- 06/20- Meat Sub w/Taco Seasoning on Tortilla
- 06/21- Veggie Nuggets
- 06/22- Meat Sub w/Pasta & Plain Sauce
- 06/26- Cheese Quesadilla
- 06/27- Mt sub w/sloppy Joe Season on Bun
- 06/28- Veggie Nuggets
- 06/29- Veggie Patti w/BBQ Dip Cup
- 06/30- Veggie Nuggets

### Good Eats At:

**Monday**
- B- Corn Chex cereal, WG Toast, margarine, Oranges, Milk
- L- Pizza 50/50, Steamed Carrots, Applesauce, Milk
- S- Graham Crackers

**Tuesday**
- B- Boiled Egg, WG-Toast, margarine, Apple slices, Milk
- L- Salisbury Pattie, Mash Potatoes, Pears, Roll, Milk
- S- Cheese & Crackers

**Wednesday**
- B- WG Pancake & Turkey Sausage, Baked Apples margarine, Syrup, Milk
- L- Sweet & Sour Chicken Brown Rice, Roll, Green Beans, Pineapple, Milk
- S- Banana

**Thursday**
- B- Cheerios, WG Toast, margarine, Bananas, Milk
- L- Turkey Taco Burger, Black Beans, Peaches, Milk
- S- Hummus & Crackers

**Friday**
- B- WG Toast & Turkey Sausage, Margarine
- L- Reduced Fat Chicken Alfredo, Broccoli, Mixed Fruit, Roll, Milk
- S- Goldfish Crackers

**Vegetarian Options**
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**Monday**
- B- Turkey Sausage & WG Toast, Applesauce, Milk
- L- BBQ chopped Chicken Sandwich, Broccoli, Lite Ranch, Peaches, Milk
- S- Teddy Cubs

**Tuesday**
- B- Cheerios cereal, WG Toast, margarine, Oranges, Milk
- L- Chicken Quesadillas, Pinto Beans, Mixed Fruit, Milk
- S- Cheese & Crackers

**Wednesday**
- B- WG Biscuit & Turkey Sausage margarine, Mango, Milk
- L- Macaroni & Meat Sauce, Green Beans, Pears, Roll, Milk
- S- Oranges

**Thursday**
- B- Corn Chex cereal, WG Toast, margarine, Bananas, Milk
- L- Hamburger on Bun, Potato Puffs, Apricots, Milk
- S- Yogurt

**Friday**
- B- WG French Toast & Turkey Sausage, Syrup, Baked Apples, Milk
- L- Fish Shapes, Sweet Potato Fries, Mixed Fruit, Roll, Milk
- S- Goldfish

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**Monday**
- B- Turkey Sausage, WG Toast, margarine, Oranges, Milk
- L- Chicken Fajita, Black Beans, Pineapple, Milk
- S- Cheese & Crackers

**Tuesday**
- B- Turkey Sausage, WG Toast, margarine, Oranges, Milk
- L- Chicken Teriyaki Dippers, Vegetable Egg Roll, Pears, Milk
- S- Strawberries

**Wednesday**
- B- Corn Chex cereal, WG Toast, margarine, Applesauce, Milk
- L- Sloppy Joe on Bun Romaine & Tomato Salad, Peaches, Milk
- S- Cheese & Crackers

**Thursday**
- B- Corn Chex cereal, WG Toast, margarine, Applesauce, Milk
- L- Fish Shapes, Sweet Potato Fries, Pears, Roll Milk
- S- Apple Slices

**Friday**
- B- WG French Toast & Turkey Sausage, Syrup, Baked Apples, Milk
- L- Grilled BBQ Chicken Pattie, Mash Potatoes, Apricots, Roll, Milk
- S- Yogurt

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**Monday**
- B- Cheerios cereal, WG Toast, margarine, Oranges, Milk
- L- Chicken Quesadilla Pinto Beans, Mixed fruit Milk
- S- Teddy Cubs

**Tuesday**
- B- Turkey Sausage, WG Toast, margarine, Applesauce, Milk
- L- Sloppy Joe on Bun Romaine & Tomato Salad, Peaches, Milk
- S- Cheese & Crackers

**Wednesday**
- B- Corn Chex cereal, WG Toast, margarine, Applesauce, Milk
- L- Fish Shapes, Sweet Potato Fries, Pears, Roll Milk
- S- Apple Slices

**Thursday**
- B- WG Biscuit & Turkey Sausage, margarine, Apple slices, Milk
- L- Turkey & Cheese Sub Raw Broccoli w/Lite Ranch, Oranges, Milk
- S- Animal Crackers
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

Activities

MESSAGE DECODER

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

Did You Know?

The English word “squash” comes from a Native American word, askutasquash, which means “eaten raw or uncooked.”

Joke of the Month

Q. What instrument does the squash love to play?

see answer below.

Growing Regions

East Texas

Rio Grande Valley

The Summer Food Service Program

starts June 1st

and is ALL summer long!

Visit: SquareMeals.org/SeasonalityWheel

HEALTHY SUMMER MEALS FOR KIDS

No Cost For Kids 18 and Younger

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