<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>1. WG Pancakes w/Turkey Sausage, Margarine, Pancake Syrup, Baked Apples, Milk</td>
<td>Corn Chex Cereal, WG Toast, Oranges, Milk L-Salisbury Pattie, Potato Pears, Pears, WG Roll, Milk S-Cheese &amp; Crackers</td>
<td>Boiled Egg, WG Toast, Margarine, Strawberries, Milk L-Sweet n Sour Chicken, Brown Rice, Green Beans, Pineapple, WG Roll, Milk S-Oranges</td>
<td>WG Cereal, WG Toast w/Margarine, Banana, Milk L-Turkey Taco Burger, Black Beans, Peaches, Milk S-Hummus &amp; Saltines</td>
<td>WG Biscuit &amp; Turkey Sausage w/Margarine, Apple Slices, Milk L-Turkey and Cheese Sub, Steamed Broccoli, Oranges, Milk S-Goldfish</td>
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<td>2. Cheerios Cereal, WG Toast w/Margarine, Applesauce, Milk L-BBQ Chopped Chicken Sandwich on WG Bun, Raw Broccoli, Lite Ranch Dressing, Peaches, Milk S-Apples</td>
<td>Turkey Sausage, WG Toast, Oranges, Milk L-Chicken Quesadillas, Pinto Beans, Mixed Fruit, Milk S-Cheese &amp; Crackers</td>
<td>Corn Chex Cereal, WG Toast w/Margarine, Banana, Milk L-Macaroni &amp; Meat Sauce, Green Beans, Pears, Milk S-Yogurt</td>
<td>WG Biscuit &amp; Turkey Mango Cubes, Milk L-Hamburger, Potato Puffs, Ketchup, Apricots, Milk S-Banana</td>
<td>WG French Toast &amp; Turkey Sausage, Margarine, Baked Apples, Pancake Syrup, Milk L-Fish Shapes, Sweet Potato Fries, Ketchup, Pears, Milk S-Animal Crackers</td>
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<td>3. Turkey Sausage, WG Toast, Oranges, Milk L-Chicken Quesadillas, Pinto Beans, Mixed Fruit, Milk S-Cheese &amp; Crackers</td>
<td>Corn Chex Cereal, WG Toast, Margarine, Oranges, Milk L-Chicken Fajita, Black Beans, Pineapple, Milk S-Cheese &amp; Crackers</td>
<td>Scrambled Eggs, WG Toast, Margarine, Oranges, Milk L-Chicken Teriyaki Dippers, WG Vegetable Egg Roll, Pears, Milk S-Strawberries</td>
<td>Cornflakes Cereal, WG Toast, Bananas, Milk L-Ground Beef w/Spaghetti Sauce, Carrots, WG Wheat Bread, Pears, Milk S-Hummus &amp; Saltines</td>
<td>WG Pancakes &amp; Turkey Sausage, Pancake Syrup, Milk L-Toasted Cheese on WG Bread, Corn, Oranges, Milk S-Goldfish Crackers</td>
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<td>4. WG Toast w/Margarine, Cheese Sticks, Applesauce, Milk L-Chicken Quesadillas, Black Beans, Pineapple, Milk S-Teddy Cub Crackers</td>
<td>Cheerios, WG Toast w/Margarine, Oranges, Milk L-Sloppy Joe on a WG Bun, Lettuce &amp; Tomato, Peaches, Milk S-Cheese &amp; Crackers</td>
<td>WG Waffles &amp; Turkey Sausage, Pancake Syrup, Margarine, Strawberries, Milk L-Fish Shapes, Sweet Potato Fries, Ketchup, WG Wheat Bread, Pears, Milk S-Banana</td>
<td>Corn Chex Cereal, WG Toast w/Margarine, Jelly, Banana, Milk L-Grilled Chicken Pattie, Whipped Potatoes, WG White Wheat Roll, Apricots, Milk S-Oranges</td>
<td>WG Biscuit &amp; Turkey Sausage, Apples Slices, Milk B-Meatballs w/Sauce, Broccoli, Mixed Fruit, WG Roll, Milk S-Animal Crackers</td>
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<tr>
<td>5. WG Pancakes &amp; Turkey Sausage, Margarine, Pancake Syrup, Applesauce, Milk L-Chesse Ravioli w/Beef Sauce, WG Roll, Carrots, Pears, Milk S-Crackers &amp; Cheese</td>
<td>6. Cheerios Cereal, WG Toast w/Margarine, Banana, Milk L-Grilled Chicken Nuggets, Whipped Potatoes, WG Roll, Peaches, Milk S-Hummus &amp; Saltines</td>
<td>7. Corn Chex Cereal, WG Toast w/Margarine, Banana, Milk L-Chicken Quesadillas, Pinto Beans, Mixed Fruit, Milk S-Cheese &amp; Crackers</td>
<td>8. Cheerios Cereal, WG Toast w/Margarine, Banana, Milk L-Grilled Chicken Pattie, Whipped Potatoes, WG Roll, Peaches, Milk S-Hummus &amp; Saltines</td>
<td>9. 100% Whole Grain (WG) Products Served Milk Choices: Whole, 1% or Fat Free Canned Fruit is always drained and in light syrup This institution is an equal opportunity provider.</td>
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</tbody>
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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 a 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

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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

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.

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

This product was funded by USDA. This institution is an equal opportunity provider.