

MAY



Special Announcements

2nd Tray Line - Choose from several choices-
 \$ 5.00 - NACHO, CHEESE CRISPITO, FRITO PIE, CHEF SALAD , BAKED POTATO, CHILI CHEESE FRIES, ETC.....
 \$3.00- PRETZEL
 \$2.00- PARFAIT

BOBCATS ROCK!!!!

Menu subject to change without notice due to product availability.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese OR Pepperoni Pizza Sloppy Joe on Bun Spinach Strawberry Salad Cauliflower w/ Cheese Apple Crisp Diced Pears Milk	2 Beef/ Bean Burrito Nacho/Beef Season Corn Toss Salad Brown Rice Craisins Mandarin Oranges Milk----Ranch, Ketchup	3 Chicken Patty/ Gravy Corn Dog Green Beans Mashed Potatoes Dinner Roll/Bread Strawberries Diced Peaches Milk	4 Spaghetti w/ Meat Hot Dog Black Eye Peas Zucchini Squash Garlic Toast Pineapple Chunks Apple Sauce Cinn Milk	5 Hamburger Chef Salad French Fries or/ Tatar Tots Carrots Mixed Fruit /Topping Side Kick Milk----Ketchup, Mayo, Mustard
8 Cheese Pizza Chicken Fried Steak/ <small>gravy</small> Seasoned Peas Carrots Banana Pineapple Tidbits Milk, Ketchup	9 Nacho/Beef Cheese Stix /Marinara Pinto Beans Roasted Peppers/onions Brown Rice Diced Pears Pineapple Chunks Milk	10 Crispito Chicken Fajita Mixed Vegetable Yellow squash Mixed Fruit Sliced Peaches Milk-----Ketchup	11 BBQ Stuffed Potato Chicken Nuggets Broccoli/ Cheese Season Corn Green Apples Orange Dinner Roll/Bread Milk-----Ketchup	12 Hamburger Steak Fingers/ <small>gravy</small> French Fries <small>or/</small> Tatar Tots Carrot Salad Side Kick Mixed Fruit/Topping Milk Ketchup -Mayo, Mustard
15 Salisbury Steak/ <small>brown gravy</small> Cheese Pizza Seasoned Corn Salad Baked Apples Banana Milk	16 Fish with Dinner Roll Tamales Mac & Cheese Sunset Veggie juice Three Bean Salad Apple sauce Cinn. Strawberries Milk Salsa, Ranch, Ketchup	17 Chicken Rings /Gravy Steak on Bun Green Beans Mashed Potatoes Gelatin/Mixed Fruit Craisins Milk Mayo, Mustard,	18 Nacho/Beef Pepperoni Pizza Brown Rice Salad Cherry Tomatoes Peach Halves Pears Milk	19 Hamburger Hot Dog Baked Beans French Fries <small>or/Tatar Tots</small> Side Kicks Mixed Fruit/Topping Milk, Mayo, Mustard, Ketchup
22 Sloppy Joe on Bun Cheese Pizza Broccoli Salad Italian Vegetable Apple Banana Milk, Mayo, Mustard	23 Early Release Sack Lunch	24	25	26

29
Holiday

30

31

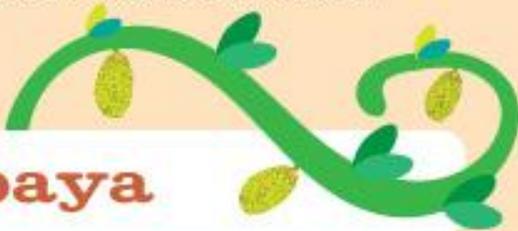
Good Eats At:
 Fruitvale ISD
 H-12th
 Lunch

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

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

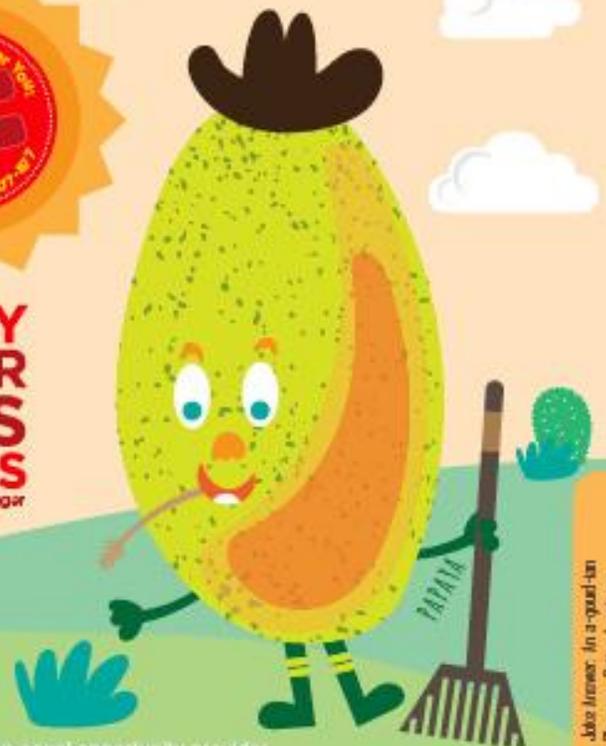
used squash as a valuable food source to survive the harsh winters.

Joke of the Month

Q. What instrument does the squash love to play?
see answer below.



Growing Regions



Joke Answer: In a-pap-a-yan
Message: Native American