

# MAY



## Special Announcements

### END OF SCHOOL BOYS & GIRLS BICYCLE GIVEAWAY

EARN ENTRY TICKETS FOR THE DRAWING ON **MAY 24, 2017** BY EATING LUNCH IN THE CAFETERIA (1 TICKET/DAY), PAYING OFF YOUR SCHOOL MEAL ACCOUNT (MUST HAVE A ZERO OR POSITIVE BALANCE BY MAY 21<sup>ST</sup> = 15 TICKETS), AND FOR ATTENDING SCHOOL MUST BE IN CLASS FOR THE ENTIRE DAY (3 PM = 1 TICKET/DAY).

**TICKETS #95 & #75 WILL BE THE WINNERS FOR EACH BIKE. ONE WINNER/TICKET**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Soft Tacos Philly Steak Sub Manager's Choice Refried Beans</p> <p><b>BREAKFAST</b> Donuts</p>	<p>2 Chicken Pot Pie Chili Beans W/Cornbread Manager's Choice Baby Carrots W/Ranch</p> <p><b>BREAKFAST</b> Pancake Wrap W/Syrup</p>	<p>3 Country Fried Steak W/Mashed Potatoes Popcorn Chicken Salad Manager's Choice Corn on the Cob</p> <p><b>BREAKFAST</b> Oatmeal W/Brown Sugar &amp; Toast</p>	<p>4 BBQ Chicken W/Roll Pepperoni Calzone Manger's Choice Pinto Beans</p> <p><b>BREAKFAST</b> Breakfast Pizza</p>	<p>5 Chili Dog Crispy Chicken Sand. Manager's Choice Sweet Potato Fries</p> <p><b>BREAKFAST</b> Scrambled Eggs W/Toast</p>
<p>8 Ham &amp; Cheese Wrap Grilled Turkey &amp; Cheese Sandwich Manager's Choice Cucumbers W/Ranch</p> <p><b>BREAKFAST</b> Sausage Biscuit Twins</p>	<p>9 Beef Enchiladas Bologna &amp; Cheese Sand. Manager's Choice Pinto Beans</p> <p><b>BREAKFAST</b> Yogurt Cup W/Graham Crackers</p>	<p>10 Pepperoni Pizza Beef n Bean Burrito Manager's Choice Steamed Carrots</p> <p><b>BREAKFAST</b> Mini Pancakes</p>	<p>11 BBQ Rib Sandwich Ham &amp; Cheese Sand. Manager's Choice Sweet Green Peas</p> <p><b>BREAKFAST</b> Breakfast Pizza</p>	<p>12 Chicken Spaghetti W/Cheese Breadstick Corn Dog Manager's Choice Seasoned Green Beans</p> <p><b>BREAKFAST</b> Pop Tart</p>
<p>15 Turkey Pot Pie Chicken &amp; Cheese Crispitos Manager's Choice Steamed Broccoli</p> <p><b>BREAKFAST</b> Sausage Roll</p>	<p>16 Meatloaf W/Roll Crispy Chicken Wrap Manager's Choice Mashed Potatoes</p> <p><b>BREAKFAST</b> Honey Bun</p>	<p>17 Chicken Nuggets Beef Tacos Manager's Choice Seasoned Corn</p> <p><b>BREAKFAST</b> Biscuit W/Gravy</p>	<p>18 Hamburger (Lettuce, Tomato, &amp; Pickles) Grilled Chicken Caesar Salad Manager Choice French Fries</p> <p><b>BREAKFAST</b> Breakfast Muffin</p>	<p>19 Seasoned Baked Chicken W/Roll Turkey &amp; Cheese Sand. Manager's Choice Cucumbers w/Ranch</p> <p><b>BREAKFAST</b> Donuts</p>
<p>22 Spaghetti W/Cheese Breadstick Small Chef Salad Manager's Choice Green Beans</p> <p><b>BREAKFAST</b> Pancake Wrap</p>	<p>23 Turkey Gravy W/Steamed Rice Seasoned Chicken Burrito Manager's Choice Refried Beans</p> <p><b>BREAKFAST</b> Breakfast Pizza</p>	<p>24</p> <p><b>MANAGER'S CHOICE FOR BREAKFAST &amp; LUNCH</b></p>	<p>25</p> <p><b>MANAGER'S CHOICE FOR BREAKFAST &amp; LUNCH</b></p>	<p>26</p> <p><b>MANAGER'S CHOICE FOR BREAKFAST &amp; LUNCH</b></p>
<p>29 <b>MEMORIAL DAY</b></p>	<p>30 <b>SUMMER FEEDING PROGRAM AT PECOS HIGH SCHOOL FROM MAY 30<sup>TH</sup> TO JULY 11<sup>TH</sup></b> <b>BREAKFAST 7:30 – 8:30AM</b> <b>LUNCH 11AM -1PM</b> <b>FREE MEALS</b> <b>AGES 1YR TO 18YRS</b></p>	<p>31 <b>SUMMER FEEDING PROGRAM AT PECOS HIGH SCHOOL FROM MAY 30<sup>TH</sup> TO JULY 11<sup>TH</sup></b> <b>BREAKFAST 7:30 – 8:30AM</b> <b>LUNCH 11AM -1PM</b> <b>FREE MEALS</b> <b>AGES 1YR TO 18YRS</b></p>	<p><b>Good Eats At:</b> <b>Austin &amp; Haynes Elementary</b> <b>FOOD SERVICE OFFICE HOURS</b> <b>LOCATED ON THE CORNER OF PARK &amp; ADAM</b> <b>MONDAY – FRIDAY: 8:00 AM TO 4:00 PM</b> <b>PHONE NUMBER: 432-447-7566</b></p>	

# 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