

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 21ST = 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 |
|---|--|--|---|--|
| 1 Grilled Cheese Sandwich 4-Way Vegetable Mix BREAKFAST Assorted Cereal W/Toast & Jelly | 2 Chicken Pot Pie Corn on the Cob BREAKFAST Pancake Wrap W/Syrup | 3 Country Fried Steak W/Mashed Potatoes & Country Gravy Sweet Green Peas BREAKFAST Oatmeal W/Brown Sugar & Toast | 4 BBQ Chicken W/Roll Pinto Beans BREAKFAST Breakfast Pizza | 5 Ham & Cheese Sandwich Sweet Potato Fries BREAKFAST Scrambled Eggs W/Toast |
| 8 Beef n Bean Burrito Spanish Rice BREAKFAST Assorted Cereal W/Toast & Jelly | 9 Bologna & Cheese Sandwich Celery Sticks W/Ranch Dressing BREAKFAST Yogurt Cup W/Graham Crackers | 10 Pepperoni Pizza Small Tossed Salad W/Ranch Dressing BREAKFAST Pancake Sandwich W/Sausage | 11 BBQ Rib Sandwich Seasoned Green Beans BREAKFAST Breakfast Muffin | 12 Spaghetti W/Meat Sauce & Cheese Stuffed Breadstick Seasoned Corn BREAKFAST Sausage Biscuit Twins |
| 15 Chicken & Cheese Crispitos Refried Beans BREAKFAST Assorted Cereal W/Toast & Jelly | 16 Slice Turkey W/Stuffing & Gravy 4-Way Vegetable Mix BREAKFAST Pancakes W/Syrup & Sausage Links | 17 Chicken Nuggets Mashed Potatoes W/Country Gravy BREAKFAST Sausage Roll | 18 Beef Tacos Sliced Cucumbers W/Ranch Dressing BREAKFAST Breakfast Pizza | 19 Hamburger W/Lettuce, Tomato, & Pickles French Fries BREAKFAST French Toast Sticks W/Syrup |
| 22 Turkey Gravy W/Steamed Rice Steamed Broccoli Florets BREAKFAST Assorted Cereal W/Toast & Jelly | 23 Hot Dog (Mustard or Ketchup) Tatar Tots BREAKFAST Waffles W/Syrup & Sausage Patty | 24 MANAGER'S CHOICE FOR BREAKFAST & LUNCH | 25 MANAGER'S CHOICE FOR BREAKFAST & LUNCH | 26 MANAGER'S CHOICE FOR BREAKFAST & LUNCH |
| 29 MEMORIAL  DAY | 30 SUMMER FEEDING PROGRAM AT PECOS HIGH SCHOOL FROM MAY 30TH TO JULY 11TH BREAKFAST 7:30 – 8:30AM LUNCH 11AM -1PM FREE MEALS AGES 1YR TO 18YRS | 31 SUMMER FEEDING PROGRAM AT PECOS HIGH SCHOOL FROM MAY 30TH TO JULY 11TH BREAKFAST 7:30 – 8:30AM LUNCH 11AM -1PM FREE MEALS AGES 1YR TO 18YRS | <div data-bbox="974 1827 1510 2026" data-label="Text"> <p>Good Eats At: Pecos Kindergarten & Discovery School FOOD SERVICE OFFICE HOURS LOCATED ON THE CORNER OF PARK & ADAM MONDAY – FRIDAY: 8:00 AM TO 4:00 PM PHONE NUMBER: 432-447-7566</p> </div> | |

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.



East Texas

Winter Garden

Rio Grande Valley

Growing Regions



Joke Answer: An a-squash-an
Message: Native American