

JUNE



MY FRIENDS AND I ARE A BUNCH OF FUN!



Special Announcements

- June 6-21- Elementary, IS&MS, HS Summer School
- June 12-16 – Camp Invention
- June 6- June 27- ESL
- June 13-15-ESY
- June 20-22- ESY
- June 27-29- ESY



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Eats At: PK-6 Hermes/Intermediate Cafeteria Middle School and High School Cafeteria</p>		<p>HEALTHY SUMMER MEALS FOR KIDS No Cost For Kids 18 and Younger</p>		
5	6 Chicken Fajita Taco Spanish Rice Dragon Punch Peach Cup Milk SUMMER SCHOOL	7 Pasta with Meat Sauce Carrots/Dip Juice Garlic Bread Milk	8 Roasted Turkey/Gravy Cornbread Dressing Green Beans Fresh Fruit Milk	9 Nachos La Grande/Salsa Refried Beans Apples Slices with Sunbutter Dragon Punch/ Milk
12 Sausage Wrap Pork and Beans Carrots/Dip Ice Dogs Milk CAMP INVENTION	13 Hamburgers Cheeseburgers Potatoes au Gratin Cucumbers/Tomatoes Diced Peaches Milk Ketchup	14 BBQ Chicken Wings Mashed Potatoes Celery Sticks/Sun Butter Bread Diced Pears Milk	15 Cheese Quesadillas Refried Beans Carrots/Dip Sidekicks	16 Meatloaf/Gravy Mashed Potatoes Green Beans Dragon Punch Cinnamon Apple Slices/Milk NANCY'S LAST DAY
19 Hot Dog Sidekicks Apple/Sun Butter Milk NANCY'S PERIODONTAL SURGERY	20 Oven Fried Chicken Mashed Potatoes Broccoli/Cheese Diced Pears/Peaches Milk	21 Pizza Dragon Punch Orange Wedges Milk SUMMER SCHOOL END	22 Turkey/Cheese Sub. Baked Chips Carrots/Dip Sidekicks Milk	23 Chicken Nuggets Mashed Potatoes Mixed Vegetables Juice Milk Ketchup
26 Pizza Seasoned Corn Celery/Carrots/Dip Fresh Apple Milk	27 Chicken Fajita Taco Spanish Rice Dragon Punch Peach Cup Milk PK AND BILINGUAL END	28 Pasta with Meat Sauce Carrots/Dip Juice Garlic Bread Milk	29 Roasted Turkey/Gravy Cornbread Dressing Green Beans Fresh Fruit Milk	30 Nachos La Grande/Salsa Refried Beans Apples Slices with Sunbutter Dragon Punch/ Milk

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: An a-squid-ian
Message: Native American