

MAY



Special Announcements

Taft ISD Greyhound Country
 JR. High & High School
 Breakfast & Lunch Menu
 Second Choice Available Daily
New Food Items on the Menu!!

Available Daily:

- Chef Salads
- Hoagie Meals
- 1% White Milk
- Fat Free Chocolate Milk
- 100% Fruit Juice
- Fresh Fruits & Vegetables



Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast- Morning Kolache Lunch- Chicken Nuggets Or Mini Corndogs Mashed potatoes W / Gravy Broccoli Florets Hot Roll	2 Breakfast- Ham & Cheese Combo Wheat Bread Lunch-Fish Shapes or Turkey Corndog Baby Carrots Crinkle cut Fries	3 Breakfast- Blueberry Pancake Wrap Lunch -Beef Tips Bean & Cheese Burrito Spanish rice Pinto beans Greyhound Salad Wheat Crackers	4 Breakfast- Breakfast Pizza Lunch- Chicken Burger or Greyhound Burger Tater Tots Burger Salad	5 Breakfast-Yogurt Blueberry Mini Loaf Lunch- Chili Hotdog Or Cheese Pizza Baked Beans Baby Carrots Multi grain Chips
8 Breakfast- Assorted Cereal Graham Cracker Pepperoni Pizza Or Chicken Fingers Crinkle Cut Fries Rocking Corn	9 Breakfast- Breakfast Pizza Lunch- Chicken Tenders Or Salisbury steak Mashed Potatoes/gravy Broccoli Florets Hot Roll	10 Breakfast- Morning Kolache Lunch- Meaty Spaghetti Or Cheese Pizza Green Beans Greyhound Salad Breadsticks	11 Breakfast- Blueberry Pancake Wrap Lunch- Greyhound Burger Or Chicken Burger Crinkle Cut Fries Burger Salad Greyhound Sherbet	12 Breakfast- Glazed Donut Lunch- Enchilada Casserole Or Turkey Corndog Crackers Pinto beans Garden Salad
15 Breakfast- Yogurt Mini Muffin Lunch- Teriyaki Chicken Or Mini Corndogs Fried Rice/Egg Roll Steamed Broccoli	16 Breakfast- Ham & Cheese Combo Wheat Bread Lunch- Meat & Potato Loaf Or Pepperoni Pizza Carrot Coins Texas Toast	17 Breakfast-Blueberry Pancake Wrap Lunch- Turkey & Gravy over White rice or Grilled Ham & Cheese Sandwich Green Beans Greyhound Salad Hot Roll	18 Breakfast- Breakfast Pizza Lunch- Chicken Burger or Greyhound Burger Tater Tots Burger Salad	19 Breakfast- Morning Kolache Lunch- Crispy Beef Tacos Or Bean & Cheese Burrito Spanish rice Pinto beans Lett/Tom Salad
22 Breakfast- HS -PB&J Uncrustable Jr. High-Honey Bun Lunch- Chicken Nuggets Or Mini Corndogs Mashed potatoes/gravy Broccoli Florets Hot Rolls	23 Breakfast- Breakfast Pizza Lunch- Chicken Spaghetti Or Cheese Pizza Rocking Corn Garden Salad Breadsticks	24 Breakfast- Ham & Cheese Combo Wheat Bread Lunch-Baked Chicken Or Steak Fingers Mashed Potatoes /gravy Carrot Coins Texas Toast	25 Breakfast- Blueberry Pancake Wrap Lunch- Greyhound Burger Chicken Burger Crinkle Cut Fries Burger Salad Greyhound Sherbet	26 Breakfast-Yogurt Banana Mini Muffin Lunch- Chili Hotdog Or Cheese Pizza Baked Beans Baby Carrots Multi grain Chips
29 Memorial Day Holiday	30 Breakfast-Ham & Cheese Combo/ Wheat Bread Lunch-Chopped Beef Sandwich Or Breaded Chicken Fingers Multi Grain Chips Baked Beans/Baby Carrots	31 Breakfast- Blueberry Pancake Wrap Lunch -Beef Tips Or Chicken Tenders Mashed Potatoes w/gravy Greyhound Salad Wheat Bread	<p>Good Eats At:</p> <p>Jr. High Whippets & High School Greyhounds Menu</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

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