

MAY



Special Announcements

Early Out – May 18, 2017

Last Day of Instruction – May 18, 2017

Staff Development – May 19 – 26, 2017

Graduation – May 19, 2017

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Fat Free Strawberry Milk

Breakfast is served with a choice of fruit and/or 100% fruit juice.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BUD MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Muffin Yogurt Fruit Juice Milk	2 Breakfast Pizza Fruit Juice Milk	3 Pancake Wrap Fruit Juice Milk	4 Cinnamon Pull-a-Parts Cheese Stick Fruit Juice Milk	5 Peanut Butter & Jelly Sandwich Fruit Juice Milk
8 Breakfast Strudel Cheese Stick Fruit Juice Milk	9 Mini Pancakes Yogurt Fruit Juice Milk	10 French Toast Yogurt Fruit Juice Milk	11 Breakfast Burrito Fruit Juice Milk	12 Sausage Kolache Cheese Stick Fruit Juice Milk
15 Breakfast Round Yogurt Fruit Juice Milk	16 Sausage Biscuit Fruit Juice Milk	17 Stuffed Bagel Fruit Juice Milk	18 Waffles Yogurt Fruit Juice Milk Last Day of Instruction	19 Staff Development. Graduation
22 Staff Development	23 Staff Development	24 Staff Development	25 Staff Development	26 Staff Development
29	30	31		

Good Eats At:

Whiteface Cons ISD
PK – 12th Grades

Breakfast Menu

MAY



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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER AID MULLER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Soft Tacos Salsa Lettuce and Tomato Garnish Baby Carrots w/Ranch Seasoned Corn Peaches Cookie	2 Country Fried Steak Cream Gravy Roll Mashed Potatoes Carrot Coins Strawberries	3 Pizza Garden Salad Vegetable Medley Orange Smiles	4 Meat & Cheese Tostadas Salsa Lettuce & Tomato Garnish Zesty Cucumbers Refried Beans Rosy Applesauce	5 Cheeseburger Hamburger Garnish Coleslaw Sweet Potato Fries Apple Slices
8 Popcorn Chicken Roll Tater Tots Cucumber Dippers Fresh Seasonal Fruit Cookie	9 Breaded Pork Chop Brown Gravy Roll Mashed Potatoes Carrot Coins Strawberries	10 Chicken Quesadilla Salas Seasoned Corn Charro Beans Lettuce & Tomato Garnish Rosy Applesauce	11 Spaghetti Bowl Bread Stick Garden Salad California Blend Vegetables Peaches Chocolate or Vanilla Pudding	12 Pizza Broccoli Bites Tiny Tomato Cup Orange Smiles
15 Pizza Broccoli Bites Baby Carrots Grapes Cookie	16 Texas Basket Tater Tots Roll Carrot Coins Peaches	17 BBQ on a Bun Coleslaw Charro Beans Orange Smiles	18 Deli Sandwich Lettuce & Tomato Garnish Tomato Cucumber Cup Broccoli Bites Fruit Early Out Last Day of Instruction	19 Staff Development Graduation
22 Staff Development	23 Staff Development	24 Staff Development	25 Staff Development	26 Staff Development
29	30	31	Good Eats At: Whiteface Cons ISD PK – 12 th Grades Lunch Menu	

Squash

Squash It! 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

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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-squid-ian
Message: Native Americans