

**MAY**

**Special  
Announcements**

ANNUAL STUDENT  
ART CONTEST  
IS ENDING THIS MONTH SO  
GET YOUR SUBMISSIONS IN!  
CHECK OUT  
SQUAREMEALS.ORG/ARTCONTEST  
FOR MORE DETAILS.



Monday

Tuesday

Wednesday

Thursday

Friday

1 MANAGERS  
CHOICE

2 MANAGERS  
CHOICE

3 MANAGERS  
CHOICE

4 MANAGERS  
CHOICE

5 MANAGERS  
CHOICE

8 MANAGERS  
CHOICE

9 MANAGERS  
CHOICE

10 MANAGERS  
CHOICE

11 MANAGERS  
CHOICE

12 MANAGERS  
CHOICE

15  
NO SCHOOL

16 MANAGERS  
CHOICE

17 MANAGERS  
CHOICE

18 MANAGERS  
CHOICE

19 MANAGERS  
CHOICE

20 MANAGERS  
CHOICE

23 MANAGERS  
CHOICE

24 MANAGERS  
CHOICE

25

26

29

30

31

**Good Eats At:**

**S&S CISD**

# 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.



Growing Regions



Like Answer: An a-squash-in Message: Native Americans