

MAY



Special Announcements

Good luck to all those students still STAAR Testing
Good Luck Band
Good Luck Jr High Tennis
18th AWARDS BANQUET 6PM
19th All School Field Day
23rd Kinder and 8th Graduation
25th LAST DAY OF SCHOOL
Early Release
HIGH SCHOOL GRADUATION!!!
WE WILL MISS YOU SENIORS
GOOD LUCK!!!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Dutch Waffle, Bacon, Fruit, Juice, Milk</p> <p>Steak fingers/Pork Chop Hot Roll Mashed Potatoes/Gravy Carrot Coins Milk</p>	<p>2 Sausage Biscuit, Fruit, Juice, Milk</p> <p>Manager's Choice</p>	<p>3 Breakfast Boat, Fruit, Juice, Milk</p> <p>Sloppy Joe Sandwich Oven Fries Cucumber Dippers Fresh Seasonal Fruit Cookie Milk</p>	<p>4 Chicken & Waffles, Fruit, Juice, Milk</p> <p>Teriyaki Beef Sliders Baked Chips Broccoli Bites Tiny Tomato Cup Milk</p>	<p>5 Stuffed Bagel, Bacon, Fruit, Juice, Milk</p> <p>Manager's Choice</p>
<p>8 Pizza, Fruit, Juice, Milk</p> <p>Cheese Burger Hamburger Garnish Oven Fries Baby Carrots Mixed Fruit Milk</p>	<p>9 Kolache, Yogurt, Fruit, Juice, Milk</p> <p>Asian Bowl Egg Roll Veggie Cup Garden Salad Snowball Salad Milk</p>	<p>10 Cheese Omelet Wrap, Fruit, Juice, Milk</p> <p>Manager's Choice</p>	<p>11 Waffles, Sausage, Fruit, Juice, Milk</p> <p>BBQ Sandwich Coleslaw Pinto Beans Orange Smiles Milk</p>	<p>FRI DAY</p>
<p>15 Cinnamon Rolls, Fruit, Juice, Milk</p> <p>Manager's Choice</p>	<p>16 Muffin, Yogurt, Fruit, Juice, Milk</p> <p>Taquito's & Queso Pinto Beans Garden Salad Fruit Milk</p>	<p>17 Pancake Wrap, Fruit, Juice, Milk</p> <p>Pizza Choice Garden Salad Tomato Cup Fruit Cup Milk</p>	<p>18 Pizza, Fruit, Juice, Milk</p> <p>Manager's Choice</p>	<p>19 Waffle, Cheese Stick, Fruit, Juice, Milk</p> <p>Sack Lunches</p>
<p>22 Manager's Choice</p> <p>Manager's Choice</p>	<p>23 Manager's Choice</p> <p>Manager's Choice</p>	<p>24 Manager's Choice</p> <p>Manager's Choice</p>	<p>25 Manager's Choice</p> <p>Sack Lunches</p>	<p>26 SUMMER VACATION</p>
<p>29 SUMMER VACATION</p>	<p>30 SUMMER VACATION</p>	<p>31 SUMMER VACATION</p>	<p>Good Eats At:</p> <p>Cotton Center ISD Home of the Elks and Lady Elks</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