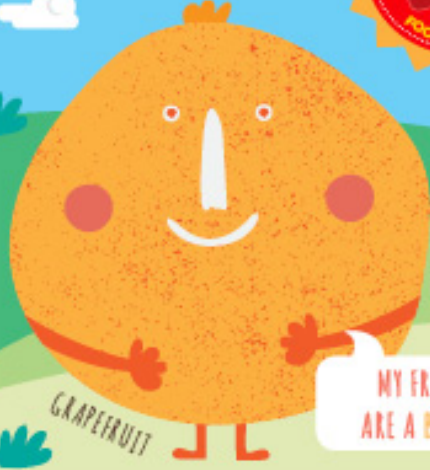


JUNE



MY FRIENDS AND I
ARE A BUNCH OF FUN!

Special Announcements

June 5th – July 13th/ 2017
Monday – Thursday
Closed July 3rd – July 7th

Breakfast: 7:15 AM – 8:00 AM
Lunch: 11:00 AM – 12:30 PM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Eats At:</p> <p>Free to all children ages 1- 18.</p> <p>Venus ISD is serving nutritious meals in our community.</p>		<p>HEALTHY SUMMER MEALS FOR KIDS No Cost For Kids 18 and Younger</p>		<p>1 Juice and Milk is served daily at breakfast</p>
<p>5 Biscuit, Cereal</p> <hr/> <p>Pepperoni Pizza Sweet Corn Applesauce Milk</p>	<p>6 Pancake, Cheese Stick</p> <hr/> <p>Nachos Pinto Beans Diced Peaches Salad Milk</p>	<p>7 Sausage, Cereal</p> <hr/> <p>Steak Fingers, Roll Mashed Potatoes Green Beans Gravy Milk</p>	<p>8 Breakfast Pizza, Cereal</p> <hr/> <p>Cheeseburger PLT Salad Fresh Fruit Chips Milk</p>	<p>9</p>
<p>12 Biscuit, Sausage</p> <hr/> <p>Pepperoni Pizza Steamed Carrots Applesauce Milk</p>	<p>13 Bacon, Egg Scrambler, cereal</p> <hr/> <p>Beef & Cheese Burrito Pinto Beans Diced Peaches Milk</p>	<p>14 Sausage, Cereal</p> <hr/> <p>Chicken Nuggets Mac & Cheese Sweet Peas Fruit Mix Milk</p>	<p>15 Morning Roll, Cereal</p> <hr/> <p>Chicken Patty on Bun PLT Salad Fresh Fruit Chips Milk</p>	<p>16</p>
<p>19 Biscuit, Cereal</p> <hr/> <p>Pepperoni Pizza Green Beans Applesauce Milk</p>	<p>20 Pancake, Cheese Stick</p> <hr/> <p>Tacos Pinto Beans Salad Sliced Peaches Milk</p>	<p>21 Sausage, Cereal</p> <hr/> <p>Corn Dog Baked Beans Fruit Mix Milk</p>	<p>22 Breakfast Pizza, Cereal</p> <hr/> <p>Cheeseburger PLT Salad Fresh Fruit Chips Milk</p>	<p>23</p>
<p>26 Biscuit, Sausage</p> <hr/> <p>Pepperoni Pizza Sweet Corn Applesauce Milk</p>	<p>27 Bacon, Egg Scrambler, Cereal</p> <hr/> <p>Chili Cheese Dog Baked Beans Diced Peaches Milk</p>	<p>28 Sausage, Cereal</p> <hr/> <p>Chicken Alfredo Bread Stick Steamed Carrots Sliced Peaches Milk</p>	<p>29 Morning Roll, Cereal</p> <hr/> <p>Chicken Patty on Bun PLT Salad Fresh Fruit Chips Milk</p>	<p>30</p>

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 a 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



Growing Regions

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.

