

# MAY



## Special Announcements

Please remember all charges must be cleared by May 16<sup>th</sup>. Payments can be made via PAYPAMS. If you have any questions please email [cknaus@hollandisd.org](mailto:cknaus@hollandisd.org)

Don't forget about our summer meals program!!! Information will be posted at all campuses!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken nuggets Chic Fried Steak Mash potatoes Glazed carrots Fruit Milk	<b>2</b> Spag w/ meat w/roll Popcorn chick Salad Green beans Fruit Milk	<b>3</b> Pizza Chick spag w roll Corn Salad Fruit Milk	<b>4</b> Corndog Chick potpie Cucumber slices Sweet tots Fruit Milk	<b>5</b> Chic fajitas Beef enchiladas Salad Pinto beans Fruit Milk
<b>8</b> Gen Tso's chick Sweet and sour chicken Fried rice Oriental veggies Baby carrots Fruit Milk	<b>9</b> Pulled pork sand Bbq chicken Coleslaw Baked beans Carrot sticks Fruit Milk	<b>10</b> Pizza Turkey Panini Corn Salad Fruit Milk	<b>11</b> Bread chick sand Ranch parm chic pasta Spinach salad Fresh broc Fruit Milk	<b>12</b> Sausage wrap Hot ham and cheese Seasoned broc Celery dippers Fruit Milk
<b>15</b>	<b>16</b> Dr Seuss Day!! Green eggs and ham Toast Veggie dipper Oven potatoes Fruit Milk	<b>17</b> Pizza Chili mac Corn Salad Fruit Milk	<b>18</b> Nachos Chicken fajitas Rice Charro beans Salad Fruit Milk	<b>19</b> Ham sandwich Baked chips Carrot sticks Celery sticks Fruit Milk FIELD DAY!!!
<b>22</b> Manager's choice	<b>23</b> Manager's choice	<b>24</b> Manager's choice	<b>25</b> Manager's choice	<b>26</b> Manager's choice
<b>29</b>	<b>30</b>	<b>31</b>	<div data-bbox="1092 1824 1411 1862" data-label="Text"> <p><b>Good Eats At:</b></p> </div> <div data-bbox="980 1894 1456 1992" data-label="Text"> <p>Holland ISD</p> </div>	

# 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.



East Texas

Winter Garden

Rio Grande Valley

### Growing Regions



Joke Answer: An a-squash-in Message: Native American