

MAY



Special Announcements

LA FERIA HIGH SCHOOL MENU

Menu is subject to change without notice depending on food availability. Condiments are offered daily according to menu items: Ketchup, mustard, mayonnaise and salad dressing.
Breakfast: Includes 100% juice & fruit daily. Choices of 1% white or fat free flavored milk daily.
Lunch: Choices of 1% white or fat free flavored milk daily.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Ultimate Breakfast Round or Morning Roll or Assorted Cereal w/ Cereal Bar</p> <p>Meaty Nachos w/ Tortilla Nacho Chips Or Hamburger Spanish Rice & Mashed Beans Burger Salad & Assorted Fruit Or Grab & Go Meal: Turkey & Cheese on Flat Bread w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing Assorted Fruit</p>	<p>2 Pancake Wrap or Breakfast Bar Sandwich or PB Jelly Uncrustable w/ String Cheese</p> <p>Chicken Alfredo w/ Pasta & WW Roll Or Corndog, Broccoli w/ Cheese Romaine Salad, Assorted Fruit or Grab & Go Meal: Spicy Chicken Wrap w/ Baked Chips, Seasoned Corn, Cucumbers w/ Lemon Assorted Fruit</p>	<p>3 Mini Pancakes or Breakfast Pizza Or Assorted Cereal w/ Cereal Bar</p> <p>Spicy Chicken Tenders w/ Dipping Sauce &/ WW Roll Or Pepperoni Pizza, Corn on Cob & Mixed Salad, Assorted Fruit or Grab & Go Meal: Turkey & Cheese Hoagie w/ Baked Chips & Romaine Salad, Baby Carrots w/ Dressing, Assorted Fruit</p>	<p>4 Yogurt & Fruit Parfait w/ Cereal Bar Or Warm Tamles or Marrantito</p> <p>Baked Country Steak w/ Gravy & Whole Wheat Roll Or Spicy Chicken Burger, Mixed Vegetables & Mashed potatoes Assorted Fruit or Grab & Go Meal: Breaded Chicken Wrap w/ Baked Chips, Garbanzo Beans, Cucumbers w/ Lemon Assorted Fruit</p>	<p>5 Mini Bagel w/ Strawberry Cream Cheese or Biscuit & Sausage Or Assorted Cereal w/ Crackers</p> <p>Fish Burger Or Cheeseburger Burger Salad & Tator Tots Baby Carrots & Dressing Assorted Fruit or Grab & Go Meal: Lion Club Sandwich w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing Assorted Fruit</p>
<p>8 Ultimate Breakfast Round or Morning Roll or Assorted Cereal w/ Cereal Bar</p> <p>Asian Chicken w/ WW Roll Or Hamburger Veggie Roll, California Blend & Burger Salad, Assorted Fruit or Grab & Go Meal: Turkey & Cheese on Flat Bread w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing, Assorted Fruit</p>	<p>9 Pancake Wrap or Breakfast Bar Sandwich or PB Jelly Uncrustable w/String Cheese</p> <p>Baked Popcorn Chicken w/WW Roll Or Pepperoni Calzone, Garden Salad, Baked Beans, Macaroni & Cheese, Assorted Fruit or Grab & Go Meal: Spicy Chicken Wrap w/ Baked Chips Seasoned Corn, Cucumbers w/ Lemon, Assorted Fruit</p>	<p>10 Mini Pancakes or Breakfast Pizza Or Assorted Cereal w/ Cereal Bar</p> <p>Meatball Sub Or Breaded Chicken Burger, Baked Chips, Broccoli w/ Cheese, Burger Salad Assorted Fruit or Grab & Go Meal: Turkey & Cheese Hoagie w/ Baked Chips & Romaine Salad Baby Carrots w/ Dressing Assorted Fruit</p>	<p>11 Yogurt & Fruit Parfait w/ Crackers Or Warm Tamles or Marrantito</p> <p>Salisbury Steak w/LF Gravy & WW Roll Or Pepperoni Pizza, Baby Carrots w/ Dressing & Mashed potatoes Assorted Fruit Or Grab & Go Meal: Breaded Chicken Wrap w/ Baked Chips, Garbanzo Beans, Cucumbers w/ Lemon Assorted Fruit</p>	<p>12 Mini Bagel w/ Strawberry Cream Cheese or Biscuit & Sausage Or Assorted Cereal w/ Assorted Crackers</p> <p>Fish Nuggets w/ WW Roll Or Cheeseburger, Burger Salad & Tator Tots, Assorted Fruit or Grab & Go Meal: Lion Club Sandwich w/ Baked Chips & Deli Salad Baby Carrots w/ Dressing Assorted Fruit</p>
<p>15 Ultimate Breakfast Round or Morning Roll or Assorted Cereal w/ Assorted Crackers</p> <p>Baked Country Steak Fingers w/ LF Gravy & WW Roll Or Hamburger, Burger Salad & Mashed Potatoes, Assorted Fruit or Grab & Go Meal: Turkey & Cheese on Flat Bread w/ Baked Chips & Deli Salad Baby Carrots w/ Dressing Assorted Fruit</p>	<p>16 Pancake Wrap or Breakfast Bar Sandwich or PB Jelly Uncrustable w/ String Cheese</p> <p>Carne Guisada w/ Corn Tortillas Or Corndog, Graham Crackers, Baby Carrots w/Dressing, Mashed Beans Assorted Fruit or Grab & Go Meal: Spicy Chicken Wrap w/ Baked Chips, Seasoned Corn Cucumbers w/ Lemon Assorted Fruit</p>	<p>17 Mini Pancakes or Breakfast Pizza Or Assorted Cereal w/ Graham Crackers</p> <p>Beef & Cheese Enchiladas Or Spicy Chicken Burger Spanish Rice & Charro Beans Cucumber Slices & Dressing Assorted Fruit or Grab & Go Meal: Turkey & Cheese Hoagie w/ Baked Chips, Romaine Salad Baby Carrots w/ Dressing, Assorted Fruit</p>	<p>18 Yogurt & Fruit Parfait w/ Cracker Or Warm Tamles or Marrantito</p> <p>Chicken Parmesan w/ Pasta & WW Roll Or Pepperoni Pizza Savory Green Beans & Carrots Broccoli w/ Cheese, Assorted Fruit or Grab & Go Meal: Breaded Chicken Wrap w/ Baked Chips & Garbanzo Beans, Cucumbers w/ Lemon Assorted Fruit</p>	<p>19 Mini Bagel w/ Strawberry Cream Cheese or Biscuit & Sausage Or Assorted Cereal w/ Assorted Crackers</p> <p>Bean & Beef Burrito Or Cheeseburger Tator Tots & Burger Salad, Assorted Fruit or Grab & Go Meal: Lion Club Sandwich w/ Baked Chips, Deli Salad, Baby Carrots w/ Dressing Assorted Fruit</p>
<p>22 Ultimate Breakfast Round or Morning Roll or Assorted Cereal w/ Cereal Bar</p> <p>Meaty Nachos w/ Tortilla Nacho Chips Or Hamburger Spanish Rice & Mashed Beans Burger Salad & Assorted Fruit Or Grab & Go Meal: Turkey & Cheese on Flat Bread w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing Assorted Fruit</p>	<p>23 Pancake Wrap or Breakfast Bar Sandwich or PB Jelly Uncrustable w/ String Cheese</p> <p>Chicken Alfredo w/ Pasta & WW Roll Or Corndog, Broccoli w/ Cheese Romaine Salad, Assorted Fruit or Grab & Go Meal: Spicy Chicken Wrap w/ Baked Chips, Seasoned Corn, Cucumbers w/ Lemon Assorted Fruit</p>	<p>24 Mini Pancakes or Breakfast Pizza Or Assorted Cereal w/ Cereal Bar</p> <p>Spicy Chicken Tenders w/ Dipping Sauce &/ WW Roll Or Pepperoni Pizza, Corn on Cob & Mixed Salad, Assorted Fruit or Grab & Go Meal: Turkey & Cheese Hoagie w/ Baked Chips & Romaine Salad, Baby Carrots w/ Dressing, Assorted Fruit</p>	<p>25 Yogurt & Fruit Parfait w/ Cereal Bar Or Warm Tamles or Marrantito</p> <p>Baked Country Steak w/ Gravy & Whole Wheat Roll Or Spicy Chicken Burger, Mixed Vegetables & Mashed potatoes Assorted Fruit or Grab & Go Meal: Breaded Chicken Wrap w/ Baked Chips, Garbanzo Beans, Cucumbers w/ Lemon Assorted Fruit</p>	<p>26 Mini Bagel w/ Strawberry Cream Cheese or Biscuit & Sausage Or Assorted Cereal w/ Crackers</p> <p>Fish Burger Or Cheeseburger Burger Salad & Tator Tots Baby Carrots & Dressing Assorted Fruit or Grab & Go Meal: Lion Club Sandwich w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing Assorted Fruit</p>
<p>29 Ultimate Breakfast Round or Morning Roll or Assorted Cereal w/ Cereal Bar</p> <p>Asian Chicken w/ WW Roll Or Hamburger Veggie Roll, California Blend & Burger Salad, Assorted Fruit or Grab & Go Meal: Turkey & Cheese on Flat Bread w/ Baked Chips & Deli Salad, Baby Carrots w/ Dressing, Assorted Fruit</p>	<p>30 Pancake Wrap or Breakfast Bar Sandwich or PB Jelly Uncrustable w/String Cheese</p> <p>Baked Popcorn Chicken w/WW Roll Or Pepperoni Calzone, Garden Salad, Baked Beans, Macaroni & Cheese, Assorted Fruit or Grab & Go Meal: Spicy Chicken Wrap w/ Baked Chips Seasoned Corn, Cucumbers w/ Lemon, Assorted Fruit</p>	<p>31 Mini Pancakes or Breakfast Pizza Or Assorted Cereal w/ Cereal Bar</p> <p>Meatball Sub Or Breaded Chicken Burger, Baked Chips, Broccoli w/ Cheese, Burger Salad Assorted Fruit Or Grab & Go Meal: Turkey & Cheese Hoagie w/ Baked Chips & Romaine Salad Baby Carrots w/ Dressing Assorted Fruit</p>	<p>Good Eats At:</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

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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 American