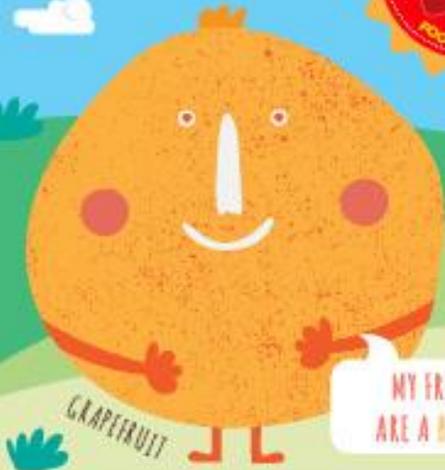


JUNE



Special Announcements

1% Milk & Skim Milk Served Daily with Breakfast & Lunch/100% Apple Juice Served Daily with Breakfast Fresh Fruit Served Daily (Apples, Bananas & Oranges) Whole Grain Cereal Bars & 100% Yoplait Yogurt Whole Grain Breakfast Cereal Served Daily/Coco Puffs, Honey Nut Cheerios, Cinnamon Toast Crunch & Trix
 Website: www.cathedraloffaithcs.org
 Facebook: Cathedral of Faith Christian School Twitter: COFCS1987



MY FRIENDS AND I ARE A BUNCH OF FUN!



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:



HEALTHY SUMMER MEALS FOR KIDS
 No Cost For Kids 18 and Younger

1 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 WG Pepperoni Pizza
 Steamed Collards
 Sliced Peaches

2 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk Cereal Bars
 Yogurt
Lunch
 PBJ or Turkey Sandwich on WW Bread
 Steamed Carrots, Diced Pears

5 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Cheeseburger on WG Bun
 Baked Fries, Fruit Cocktail

6 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 WG Corn Dog, Baked Beans
 Apple Sauce Cups

7 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Ravioli/Beef Sauce
 Garlic Toast, Garden Salad
 Pineapple Tidbits

8 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Fish-fila on WG Bun
 Steam Broccoli, Sliced Apples

9 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Hotdog on WG Bun
 Yams, Mandarin Oranges

12 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Pork BBQ on WG Bun
 Cole Slaw, Sweet Corn
 Sliced Peaches

13 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 WG Corn Dog
 Yams, Brown Rice
 Apple Sauce Cups

14 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 Cheeseburger on WG Bun
 Baked Fries, Sliced Oranges

15 Breakfast
 General Mills Small Cereal Bowl, Juice/Milk
 Cereal Bars, Yogurt
Lunch
 WG Pepperoni Pizza
 Broccoli Florets, Diced Pears



19

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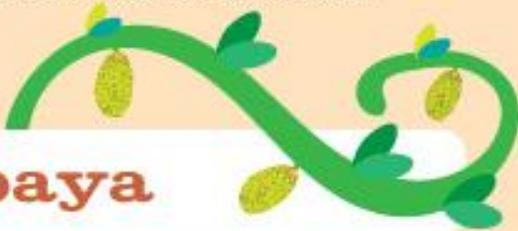
30

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

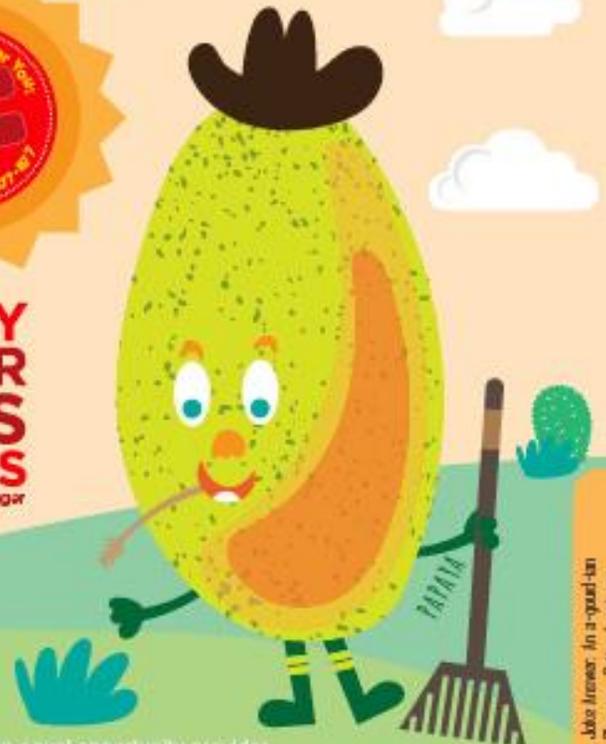
used squash as a valuable food source to survive the harsh winters.

Joke of the Month

Q. What instrument does the squash love to play?
see answer below.



Growing Regions



Joke Answer: An a-squid-ian
Message: Native American

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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