

Meet the  
**MELONATOR**

# MAY

2019

**GOOD  
EATS AT**

**HS  
Snack  
Menu**

**SPECIAL  
ANNOUNCEMENTS**

**M**

**T**

**W**

**TH**

**F**

½ c Banana Slices  
½ c. Strawberry  
Yogurt

1

½ c Carrot Sticks  
1 Tbsp Ranch  
1 oz String Cheese

2

8 (.05 oz) Animal  
Crackers  
4 oz Milk

3

½ Soft Pretzel Rod  
4 oz Milk

6

.05 Sunchips Original  
½ c Salsa

7

1 Tbsp Peanut  
Butter  
½ c Fresh Diced  
Apple Slices

8

.05 WW Crackers  
1 slc (.05 oz) Ham

9

2 (.05 oz) Graham  
Crackers  
¼ c Vanilla Yogurt

10

½ c Applesauce  
¼ c. Goldfish

13

1 pk Teddy Graham  
½ c Pears

14

1 Boiled Egg  
4 (.05 oz) Wheat  
Crackers

15

1 (.05 oz) Whole Grain  
Muffin  
½ c Apricots

16

¼ c Vanilla Yogurt  
1 oz Granola

17

.05 Wheat Thins  
1 slc (.05 oz) Ham

20

½ Soft Pretzel Rod  
1 Wild Watermelon  
Applesauce Cup

21

1 oz String Cheese  
½ Diced Peaches

22

½ c Vanilla Yogurt  
½ c Chex Cereal

23

**LAST DAY OF SCHOOL  
FOR HS**

24

27

28

29

30

31

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**  
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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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# THE MELONATOR

Watermelon

A space scientist who worked in Houston took his watermelon vine to the International Space Station to see how it would respond. On the way back to Earth, the capsule was hit by cosmic radiation. The scientist went home to Healthyville and decided to plant the vine in his garden. The radiated vine created The Melonator, a watermelon that can travel on a small wave that forms under him wherever he goes. He uses the leaves from his stem as a surf board to travel and bring watermelon slices to children whenever they are in need of vitamin A or C.



THE MELONATOR'S FAVORITE ACTIVITIES  
Surfing and Water Polo

## FUN FACTS

- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- Watermelons are now grown in 96 countries worldwide.
- Did you know that watermelon can be considered a fruit or a vegetable!

## SWEET & SAVORY WATERMELON SALAD

### Ingredients:

- 8 pounds plus 4 ounces Watermelon, raw, cubed
- 2 pounds Spinach, baby, fresh
- 1 pound plus 5 ounces Carrots, shredded
- 1/2 cup Cider vinegar
- 1/2 cup Soy sauce, low sodium
- 1 T. Garlic, raw, minced
- 2 T. Ginger root, raw, minced
- 1/2 cup Vegetable oil

### Directions:

1. Wash the watermelon. Remove rind and cut into 1/2-inch cubes. Cover and refrigerate while you prepare the rest of the recipe.
2. Place 1/2 cup baby spinach in each service container (e.g. clear plastic container).
3. Top with 1/4 cup carrots.
4. In a small bowl or blender, combine cider vinegar, soy sauce, garlic, ginger root and vegetable oil. Pulse or whisk to combine.
5. Pour dressing over watermelon cubes. Wearing gloves, toss watermelon cubes very gently to distribute the dressing. Do not crush the watermelon. Just before service, place 1/2 cup watermelon cubes on top of each spinach-carrot salad.
6. Refrigerate until served. Hold for cold service at 41°F or lower.

Sources: Texas A&M and Agriflife Extension



## FOLLOW THE PATH

Follow the path of each letter to their assigned box and discover the hidden word.



**POW!**  
ARCH ENEMY  
Salt and video games

## JOKE OF THE MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.