



Meet the
MELONATOR

MAY

2019

GOOD EATS AT

HS Breakfast Menu

SPECIAL ANNOUNCEMENTS

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

STARTING JUNE 3
Get A Meal Near You
Call 211 or Text 832-877

M	T	W	TH	F
		<p>¼ c Scrambled Eggs* ½ slc WW Toast ½ c. Orange Wedges 6 oz. Milk</p> <p>1</p>	<p>½ (.05 oz) Bagel 1 Tspb Cream Cheese ½ c. Diced Mangos 6 oz. Milk</p> <p>2</p>	<p>¾ c Cream of Wheat* ½ c Raspberries 6 oz Milk</p> <p>3</p>
<p>1 Ham Omelet ½ slc WW Toast ½ c Berry Blend 6 oz Milk</p> <p>6</p>	<p>.05 Pancake ½ c Kiwi 6 oz Milk</p> <p>7</p>	<p>½ c Cheerios ½ c Bananas 6 oz Milk</p> <p>8</p>	<p>½ Chicken & Biscuit Sandwich ½ c Mandarin Oranges 6 oz Milk</p> <p>9</p>	<p>½ slc Cinnamon Bread ½ c Strawberries 6 oz Milk</p> <p>10</p>
<p>1 Biscuit & Gravy* ½ c Mangos 6 oz Milk</p> <p>13</p>	<p>½ Egg & Cheese Burrito* ½ c Bananas 6 oz Milk</p> <p>14</p>	<p>1 slc Breakfast Pizza ½ c Cubed Cantaloupe 6 oz Milk</p> <p>15</p>	<p>2 Strips French Toast* ½ c Diced Strawberries 6 oz Milk</p> <p>16</p>	<p>½ Sausage Breakfast Sandwich* ½ c Diced Peaches 6 oz Milk</p> <p>17</p>
<p>.05 Bagel 1 Tbsp Fruit Cream Cheese ½ c Orange Wedges 6 oz Milk</p> <p>20</p>	<p>½ slc WW Toast 1 Tbsp Grape Jam ½ c Cubed Honeydew 6 oz Milk</p> <p>21</p>	<p>1 Breakfast Corndog ½ c Bananas 6 oz Milk</p> <p>22</p>	<p>1 Breakfast Taco* ½ c Strawberries 6 oz Milk</p> <p>23</p> <p>Last Day of School</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>



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 & SAUVY 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 Agriffo 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.