



Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

**HS
Lunch
Menu**

**SPECIAL
ANNOUNCEMENTS**

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

STARTING JUNE 3



M	T	W	TH	F
	<p>*$\frac{3}{4}$ c Beef Spaghetti $\frac{1}{4}$ c Broccoli w/ Cheese 1 oz WW Roll $\frac{1}{4}$ c Pears 6 oz. Milk</p> <p>1</p>	<p>*$\frac{1}{2}$ Chicken Enchiladas $\frac{1}{4}$ c Refried Beans $\frac{1}{4}$ c Tossed Salad $\frac{1}{4}$ c Pineapple Cubes 6 oz. Milk</p> <p>2</p>	<p>4 Steak Fingers $\frac{1}{4}$ c Mashed Potatoes $\frac{1}{4}$ c Apricots $\frac{1}{4}$ slc. Texas Toast 2 Tbls Gravy 6 oz Milk</p> <p>3</p>	
<p>*1 Chicken Quesadilla $\frac{1}{4}$ c Diced Tomatoes $\frac{1}{4}$ Peaches 6 oz Milk</p> <p>6</p>	<p>*$\frac{1}{2}$ Sloppy Joe Sandwich $\frac{1}{8}$ Baked Beans $\frac{1}{4}$ Green Beans $\frac{1}{4}$ c Diced Pineapples 6 oz Milk</p> <p>7</p>	<p>6 Beef Ravioli Pies $\frac{1}{4}$ c Corn $\frac{1}{4}$ c Mango $\frac{1}{2}$ slc WW Garlic Toast 6 oz Milk</p> <p>8</p>	<p>*$\frac{1}{2}$ c Pork Stir Fry $\frac{1}{4}$ c. Brown Rice $\frac{1}{4}$ c Apricots $\frac{1}{2}$ WW Dinner Roll 6 oz Milk</p> <p>9</p>	<p>1 slc Cheese Pizza $\frac{1}{4}$ c Tossed Salad $\frac{1}{4}$ c Pears 6 oz Milk</p> <p>10</p>
<p>*1 pc Macaroni & Cheese w/Ham $\frac{1}{4}$ c Snap Peas $\frac{1}{4}$ c Mixed Fruit $\frac{1}{2}$ WW Dinner Roll 6 oz Milk</p> <p>13</p>	<p>3 Chicken Nuggets $\frac{1}{4}$ c Tossed Salad 1 Biscuit or WW Roll $\frac{1}{4}$ c Kiwi 6 oz Milk</p> <p>14</p>	<p>1 $\frac{1}{2}$ oz Hamburger 1 oz WW Bun 1 Lettuce 1 slc Tomato $\frac{1}{4}$ c Tater Tots $\frac{1}{4}$ c Pineapple Bits 6 oz Milk</p> <p>15</p>	<p>*1 pc Lasagna $\frac{1}{4}$ c Peas & Carrots $\frac{1}{4}$ c Mandarin Oranges $\frac{1}{2}$ WW Dinner Roll 6 oz Milk</p> <p>16</p>	<p>*1 Bean & Cheese Burrito $\frac{1}{8}$ c Lettuce & Tomatoes Salad $\frac{1}{4}$ c Sliced Green Apples 6 oz Milk</p> <p>17</p>
<p>2 oz Riblet 1 oz WW Bun $\frac{1}{4}$ c Summer Squash $\frac{1}{4}$ c Cantaloupe 6 oz Milk</p> <p>20</p>	<p>*$\frac{1}{2}$ Chicken Fajitas $\frac{1}{8}$ c Refried Beans $\frac{1}{4}$ c Shredded Lettuce $\frac{1}{4}$ c Fruit Mix 6 oz Milk</p> <p>21</p>	<p>2 oz Salisbury Steak $\frac{1}{4}$ c Mashed Potatoes $\frac{1}{2}$ slc WW Bread $\frac{1}{4}$ c Tropical Fruit 2 Tbsp Brown Gravy 6 oz Milk</p> <p>22</p>	<p>*1 c Tuna & Noodle Casserole $\frac{1}{4}$ c Green Beans $\frac{1}{4}$ c Apricots $\frac{1}{2}$ WW Dinner Roll 6 oz Milk Last Day of School</p> <p>23</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.



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.