



Meet the  
**MELONATOR**

# MAY

2019

**GOOD  
EATS AT**

**M**

**T**

**W**

**TH**

**F**

Donuts  
Taco  
Refried Beans  
Corn  
Crispito **1**

Cinnamon Roll  
Mac&Cheese  
Green Beans  
Romaine Lettuce  
Tomato  
Pizza **2**

Breakfast Pizza  
Chicken Stew  
w/Crackers  
Cheese Stick  
Celery, Carrots **3**

Muffins & Pop Tarts  
Spaghetti  
5-Way Mixed Veggie  
Fresh Broccoli  
Pizza **6**

Biscuit & Sausage  
Chicken Rings  
Loaded Potatoes,  
Romaine Lettuce,  
Tomato, Ranch  
PB&J **7**

Eggstravaganza  
Nachos  
Refried Beans, Corn  
Romaine Lettuce  
Tomato  
Crispito **8**

Ham & Cheese Croissant  
BBQ w/Bun  
French Fries  
Cole Slaw  
Pickles  
Pizza **9**

Breakfast Pizza  
Burger w/Bun  
Curly Fries  
Pork n' Beans  
Romaine Lettuce,  
Tomato, Pickles **10**

Pancake on a Stick  
Orange Chicken or  
Chicken Rings  
California Blend Veggie  
Asian Rice  
Fresh Broccoli **13**

Biscuit & Chicken  
Steak Fingers  
Mashed Potato, Gravy  
Romaine Lettuce  
Tomato  
PB&J **14**

Donuts  
Taco  
Refried Beans  
Corn  
Crispito **15**

Cinnamon Roll  
Tater Tot Casserole  
Green Beans  
Romaine Lettuce  
Tomato  
Pizza **16**

Breakfast Pizza  
Taco Soup w/Chips  
Cucumber, Carrots  
Cheese Stick **17**

Muffins & Pop Tarts  
Pizza  
Sweet Tater Tots  
Pork n' Beans  
Corn Dog **20**

Biscuit & Sausage  
Chicken Rings  
Loaded Potatoes,  
Romaine Lettuce,  
Tomato, Ranch  
PB&J **21**

Eggstravaganza  
Enchilada  
Refried Beans  
Corn  
Crispito **22**

Muffins & Pop Tarts  
Corn Dog  
French Fry Smiles  
Green Beans  
Pizza **23**

Breakfast Pizza  
PB&J  
Carrots  
Cucumbers **24**

**27**

**28**

**29**

**30**

**31**

## Sulphur Bluff ISD

Milk Choice: 1%  
White or 1%  
Chocolate

**SPECIAL  
ANNOUNCEMENTS**

**Breakfast Includes:**  
Fruit/Juice/Milk  
Meal Prices: PreK-12<sup>th</sup> - \$1.50  
Reduced: .30 Adults: \$2.15  
Daily Choice: Cereal w/yogurt  
or cheese stick

**Lunch Includes: Milk/Fruit**  
Entrée Choice: 7<sup>th</sup> - 12<sup>th</sup>  
Meal Prices: PreK-6<sup>th</sup> - \$2.45  
7<sup>th</sup>-12<sup>th</sup> - \$2.75 Reduced: .40  
Adults - \$3.75



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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



# 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 Agrilife 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.