



MAY

2019

GOOD EATS AT



Shallowater ISD

SPECIAL ANNOUNCEMENTS

Variety of milk served daily

Menus are subject to change without notice

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

STARTING JUNE 9
Get A Meal Near You
Call 211 or Text 211 to 877-877

M	T	W	TH	F
	Monte Cristo Sandwich Or Cereal w/ Toast	Oatmeal w/ Cinnamon Toast Or Cereal w/ Toast	Breakfast Burrito Or Cereal w/ Toast	
		1	2	3
Sausage Kolache Or Cereal w/ Toast	Breakfast Taquito Or Cereal w/ Toast	Waffles & Sausage Or Cereal w/ Toast	Breakfast Pizza Or Cereal w/ Toast	NO SCHOOL
6	7	8	9	10
Pancakes & Sausage Or Cereal w/ Toast	Breakfast Burrito Hashbrowns Or Cereal w/ Toast	Power Breakfast Or Cereal w/ Toast	Sausage Kolache Or Cereal w/ Toast	Morning Griddle Sandwich Or Cereal w/ Toast
13	14	15	16	17
Waffles & Bacon Or Cereal w/ Toast	Cinnamon Roll & Sausage Or Cereal w/ Toast	Breakfast Pizza Or Cereal w/ Toast	Breakfast Sandwich Or Cereal w/ Toast	NO SCHOOL!!!
20	21	22	23	24
27	28	29	30	31



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.