



MAY

2019

GOOD EATS AT



Shallowater ISD

SPECIAL ANNOUNCEMENTS

Cookout Dates:
Elementary: May 14th
Intermediate: May 17th
Middle School: May 20th
High School: May 22nd

Variety of milk served daily

Menus are subject to change without notice



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



This product was funded by USDA.
 This institution is an equal opportunity provider.

M	T	W	TH	F
	Boneless Chicken Wings Texas Chili Celery Sticks Carrots Orange Smiles Brownie	1 Mexican Combo Plate Chicken Quesadilla Corn Beans Fresh Fruit	2 Popcorn Chicken Sloppy Joe Broccoli Oven Fries Peaches	3
Breaded Drumstick Pizza Carrots Seasoned Corn Fresh Grapes Cookie	6 Crispy Tacos Frito Pie Fresh Veggie Cup Beans Orange Smiles	7	8 Ravioli Chicken Nuggets Mashed Potatoes Garden Salad Roll Pears	9 Ham/Cheeseburger Hot Dog Oven Fries Carrots Snowball Salad
10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL
15 Corn Dog Oven Roasted Chicken Tater Tots Broccoli Baked Beans Apple/pineapple D'lite	16 Nacho Grande Taco Soup Beans Tiny Tomato Cup Cucumber Slices Peaches Sherbet Cup	17 Chicken Sandwich X-Treme Burrito Oven Fries Corn Fresh Veggie Cup Mandarin Oranges	18 Asian Chicken Hamburger Steak w/ gravy Roasted Potatoes Garden Salad Fruit Gelatin	19 Pizza Grilled Cheese Sandwich Carrots Crunchy Broccoli Salad Fresh Fruit Brownie
20 Country Fried Steak Mustang Meatloaf Mashed Potatoes Okra Roll Strawberries	21 Meat & Cheese Chalupas Enchiladas Zesty Cucumbers Beans Rosy Applesauce	22 Chicken Tenders Ham/Cheeseburger Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat	23 Chicken Spaghetti Pizza Garden Salad Carrots Apple Slices	24 NO SCHOOL!!!!
25 HAVE	26 A	27 GREAT	28 SUMMER	29
30	31	32	33	34

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

STARTING JUNE 9



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.



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.

Sources: Texas A&M and Agriflife Extension