

Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

Timber Wolf
Cafe

**SPECIAL
ANNOUNCEMENTS**

Alternates Daily:
Lunch: Pizza
Breakfast: Cereal and
Toast

Milk and Fruit served with
every meal!

M

T

W

TH

F

Sausage Biscuit
Beef Tips/Rice
Purple-Hull Peas
Corn/Roll

1

Pancake/Sausage
Steakfingers
Potatoes/Gravy
Green Beans/GB

2

Honey Buns
Hamburgers
French Fries
Salad Cup

3

Pop Tarts
Chicken Tenders
Tator Tots
Corn

6

French Toast
Country Steak/Gravy
Diced Carrots
Okra

7

Pancake/Sausage
Meatball Sub
Turnip Greens
Corn

8

Kolache
BBQ Sandwich
Baked Beans
Potatoe Sal;ad

9

Donuts
Philly Cheese Stk
Chips
Baby Carrots

10

Pop Tarts
Chicken Sandwich
French Fries
Lima Beans

13

French Toast
Chicken Fajitas
Refried Beans
Peppers&Onions

14

Brfkt Burrito
Spaghetti
Green Peas
Mixed Vegetables

15

Waffles/Sausage
Salisbury Steak
Potatoes/Gravy
Green Peas

16

Honey Buns
Cheeseburgers
Salad Cup
SP Fries

17

Pop Tarts
Chicken Drumstix
AuGratin Potatoes
Corn

20

French Toast
Soft Tacos
Charro beans
Mexican Rice/Salad

21

Biscuits/Gravy
Tangerine Chicken
Asian Mixed Veggie
Yellow Squash

22

Donuts
Hot Dogs
Chips
Baby Carrots

23

SUMMER BREAK

24

SUMMER BREAK

27

SUMMER BREAK

28

SUMMER BREAK

29

SUMMER BREAK

30

SUMMER BREAK

31

**HEALTHY
SUMMER
MEALS
FOR KIDS**
Not Good For Kids 18 and Younger

STARTING JUNE 3



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

THE MELONATOR

Watermelon



A space scientist who worked in Houston took his watermelon 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.