

Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

Cougar Café

**SPECIAL
ANNOUNCEMENTS**

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Muffins
Chicken Nuggets
Green Beans
Squash 1

Cinnamon Toast
Pork Patty
Mixed Veggies
Broccoli 2

Honey Bun
Pizza Stix
Salad
Cucumbers 3

French Toast
Baked Chicken
Green Beans
Mashed Potatoes
Roll 6

Breakfast Corndog
Chicken Burger
Salad
French Fries 7

Sausage Rolls
Pizza
Salad
Corn 8

Muffins
Turkey Fingers
Broccoli
Carrots 9

Breakfast Pizza
Corndogs
Cucumbers
Cauliflower 10

Sausage & Biscuits
Meatball Sub
Broccoli
Carrots 13

Breakfast Corndog
BBQ Rib on bun
Cauliflower
Squash 14

Honey Buns
Tuna Salad Sandwiches
Chips
Cucumbers 15

Hot Pocket
Fajitas
Salad
Pinto Beans 16

Donuts
Hot Dogs
French Fries
Mixed Veggies 17

Smorgasbord 20

Smorgasbord 21

Smorgasbord 22

Smorgasbord
No Lunch
Last Day
Of School 23

24

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

STARTING JUNE 3
Get A Meal Near You
Call 211
or
Text
211 to 877-871



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:

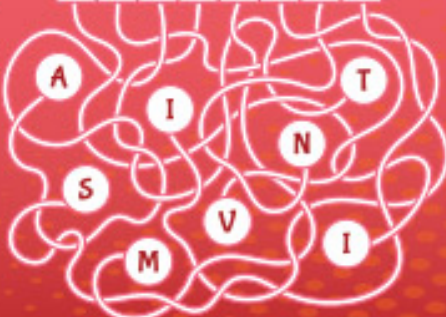
1. Wash the watermelon. Remove rind and cut into 1/2-inch cubes. Cover and refrigerate while you prepare the rest of the recipe.
2. Place 1/2 cup baby spinach in each service container (e.g. clear plastic container).
3. Top with 1/4 cup carrots.
4. In a small bowl or blender, combine cider vinegar, soy 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.