

IMPORTANT

Beginning, Monday, May 6
NO NEGATIVE BALANCES
 on student's meal accounts.

If you have a negative
 balance, students will be
 given a courtesy meal.
 Go to schoolcafe.com to view
 account balance.

MAY

2019

GOOD
EATS AT

WSISD BREAKFAST

A good breakfast
 fuels you up and
 gets you ready for
 the day.

SPECIAL ANNOUNCEMENTS

Breakfast menu
 Daily: Oatmeal,
 Omelet, Yogurt
 w/ Toast, or
 Muffin w/ Toast

T	W	TH	F
Cinnamon Toast Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 1	Ham & Egg Croissant Sandwich Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 2	Wheat Cinnamon Roll Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 3	
French Toast Sticks or Variety of Cereal & Wheat Toast Juice and Fruit Milk 6	Scrambled Eggs & Toast Bowl Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 7	Super Cereal Parfait Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 8	Wheat Cinnamon Roll Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 10
Pancake and Sausage on a Stick or Variety of Cereal & Wheat Toast Juice and Fruit Milk 13	Health Smart Whole Grain Mini Donuts or Variety of Cereal & Wheat Toast Juice and Fruit Milk 14	Fruit Parfait Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 15	Breakfast Pizza or Variety of Cereal Wheat Toast Juice and Fruit Milk 9
Pancakes Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 20	Chicken w/Biscuit Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 21	Cinnamon Toast Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 22	Breakfast Burrito w/ Picante Sauce Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 16
		Ham & Egg Croissant Sandwich Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 23	Wheat Cinnamon Roll Or Variety of Cereal & Wheat Toast Juice and Fruit Milk 17
			24



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



Liberty Elementary and Brewer High School will host the summer feeding program. Breakfast and lunch will be provided for all kids 18 and younger at no cost. Go to brewerbearcafe.com for dates and times. Call 211 for additional information and locations.

SUMMER BREAK

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 & SAUVY 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.

