

# 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](http://schoolcafe.com) to view account balance.**

# MAY

2019

GOOD EATS AT

## ELEMENTARY SCHOOLS

To view your student's daily purchases, lunch account balance, apply for free or reduced meals, and/or pre pay lunch account go to [brewerbearcafe.com](http://brewerbearcafe.com)

## SPECIAL ANNOUNCEMENTS

**Blue Haze, North, West & Liberty CAFE**  
 Variety of sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.

T

**Beef Soft Tacos w/Wheat Tortilla**  
 Spanish Rice  
 Pinto Beans  
 Lettuce & Tomato Salad  
 Chilled Variety of Fruit

W

**Build Your Own Salad,** Popcorn  
 Chicken w/ Roll, Tomato, Celery, Black Beans, Shredded Carrots, Mandarin Oranges, Diced Apples, Corn,  
 Chilled Variety of Fruit

TH

**Wild Mike's Cheese Bites w/ Marinara**  
 Corn  
 Carrot Sticks w/ Dip  
 Chilled Variety of Fruit

F

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

STARTING JUNE 3



**Tyson Chicken Nuggets w/ Roll**  
 Mashed Potatoes  
 Steamed Spinach  
 Glazed Carrots  
 Chilled Variety of Fruit

**Cheeseburger or Hamburger**  
 Lettuce, Tomato, Pickle  
 Vegetarian Beans  
 Baked Tater Tots  
 Chilled Variety of Fruit

**Penne Pasta w/ Chicken Meatballs w/ Garlic Toast**  
 Green Beans  
 Large Garden Salad  
 Chilled Variety of Fruit

**Breakfast 4 Lunch Sausage Patty, Scrambled Egg, Bacon & Cheese Bowl, Pancakes (2)**  
 Potato smiles  
 Veggies w/Dip  
 Chilled Variety of Fruit

**The MAX Pizza:**  
 Pepperoni, Cheese, or Veggie, Corn  
 Garden Salad  
 Chilled Variety of Fruit  
**Side Kicks - Fruit Slush (100% Juice Slush)**

**Breaded Chicken Drumstick w/ Roll**  
 Mashed Potatoes  
 Glazed Carrots  
 Chilled Variety of Fruit

**Crispy Fish Sticks**  
 Mac N Cheese  
 Ranch Style Beans  
 Green Beans  
 Chilled Variety of Fruit

**Beef N Cheese Nachos**  
 Refried Beans  
 Garden Salad  
 Chilled Variety of Fruit

**Breaded/ Grilled Chicken Sandwich**  
 Broccoli & Cheese  
 Veggies w/ Dip  
 Lettuce, Tomato, Pickle  
 Chilled Variety of Fruit

**The MAX Pizza:**  
 Pepperoni, Cheese, or Veggie, Corn  
 Garden Salad  
 Chilled Variety of Fruit

**Steak Fingers w/ Roll**  
 Mashed Potatoes  
 Glazed Carrots  
 Chilled Variety of Fruit

**Turkey Hot Dog\***  
 Broccoli & Cheese  
 Potato Smiles  
 Chilled Variety of Fruit  
 \*Nitrate Free

**Cheeseburger or Hamburger**  
 Lettuce, Tomato, Pickle  
 Vegetarian Beans  
 Baked Tater Tots  
 Chilled Variety of Fruit

**The MAX Pizza:**  
 Pepperoni, Cheese, or Veggie  
 Corn  
 Garden Salad  
 Chilled Variety of Fruit



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](http://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.

