

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

First Class
Learning
Center
Breakfast

SPECIAL
ANNOUNCEMENTS

Graham
crackers
offered daily
as another
choice.

French Toast
Sticks
Juice and or
Fruit
Milk 6

Scrambled Eggs
and Toast Bowl
Juice and or Fruit
Milk 7

Cereal Parfait
Juice and or
Fruit
Milk 8

Breakfast Pizza
Juice and or
Fruit
Milk 9

Wheat
Cinnamon Roll
Juice and or Fruit
Milk 10

Pancake
and Sausage
On a stick
Juice and or Fruit
Milk 13

Health Smart
Whole Grain Mini
Donuts
Juice and or Fruit
Milk 14

Fruit Parfait
Juice and or Fruit
Milk 15

Scrambled Eggs
and Toast
Juice and or Fruit
Milk 16

Wheat
Cinnamon Roll
Juice and or Fruit
Milk 17

Pancakes (3)
Juice and or Fruit
Milk 20

Chicken w/
Biscuit
Juice and or Fruit
Milk 21

Cinnamon Toast
(2)
Juice and or Fruit
Milk 22

Ham and Egg
Croissant
Sandwich
Juice and or Fruit
Milk 23



24

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

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 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.