

# 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

First  
Class  
Learning  
Center

SPECIAL  
ANNOUNCEMENTS

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)

<b>T</b> Beef Soft Tacos w/ Wheat Tortilla Pinto Beans Spanish Rice Garden Salad Chilled Variety of Fruit	<b>W</b> Popcorn Chicken w/ Wheat Roll Green Beans Corn Chilled Variety of Fruit	<b>TH</b> Wild Mike's Cheese Bites w/ Marinara Corn Carrot Sticks w/ Dip (Hall C) Chilled Variety of Fruit	<b>F</b>
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Tyson Chicken Nuggets w/ Wheat Roll Mashed Potatoes Glazed Carrots Chilled Variety of Fruit 6	Cheeseburger Lettuce, Tomato (Hall C), Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit 7	Penne Pasta w/ Chicken Meatballs & Marinara Sauce Garlic Toast, Green Beans Chilled Variety of Fruit 8	Breakfast 4 Lunch Sausage Patty, Scrambled Egg, Bacon & Cheese Bowl, Pancakes (2) Potato Smiles Veggies w/dip (Hall C) Chilled Variety of Fruit 9	Whole Grain Cheese Pizza Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit 10
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Tyson Chicken Nuggets w/ Wheat Roll Mashed Potatoes Glazed Carrots Chilled Variety of Fruit 13	Crispy Fish Sticks Mac N Cheese Ranch Style Beans Chilled Variety of Fruit 14	Beef Soft Tacos w/ Wheat Tortilla Refried Beans Garden Salad Chilled Variety of Fruit 15	Breaded Chicken on A Wheat Bun Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit 16	Whole Grain Cheese Pizza Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit 17
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Steak Fingers w/ wheat roll Mashed Potatoes Glazed carrots Chilled Variety of Fruit 20	Turkey Hot Dog* Broccoli w/ Cheese Potato Smiles Lettuce, Tomato, Pickle Chilled Variety of Fruit 21	Cheeseburger Lettuce, Tomato (Hall C), Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit 22	Whole Grain Cheese Pizza Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit 23	24
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**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](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.