

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

Fine Arts Cafe

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

SPECIAL ANNOUNCEMENTS

Variety of Sandwiches are available every day.
 Choice of skim chocolate milk & 1% white milk with meals.

T	W	TH	F
Beef N Cheese Nachos Refried Beans Garden Salad Cucumber salad Chilled Variety of Fruit	Cheeseburger or Hamburger Lettuce, Tomato, Pickle Baked Potato Smiles Ranch Style Beans Chilled Variety of Fruit	Wild Mike's Cheese Bites w/ Marinara Corn Carrot Sticks w/ Dip Chilled Variety of Fruit	
Breaded Chicken Drumstick w/ Roll Mashed Potatoes Peas Chilled Variety of Fruit 6	Crispy Fish Sticks (Ketchup) Mac n Cheese Ranch Style Beans Green Beans Chilled Variety of Fruit 7	Soft Tacos w/ Cheese Lettuce, Tomato Spanish Rice Pinto Beans Chilled Variety of Fruit 8	Breaded or Grilled Chicken Sandwich Lettuce, Tomato Broccoli & Cheese Potato Smiles Chilled Variety of Fruit 10
Steak Fingers w/ Roll Mashed Potatoes Glazed Carrots Chilled Variety of Fruit 13	Turkey Corny dog Broccoli & Cheese Ranch Style Beans Chilled Variety of Fruit 14	Cheese Taquitos w/ Chili Garden Salad Refried Beans Chilled Variety of Fruit 15	Pepperoni or Cheese Pizza Corn Veggies w/ Dip Chilled Variety of Fruit 17
Tyson Chicken Nuggets w/ Roll Mashed Potatoes Steamed Spinach Peas & Carrots Chilled Variety of Fruit 20	Wild Mike's Cheese Bites w/ Marinara Broccoli & Cheese Garden Salad Chilled Variety of Fruit 21	Cheeseburger or Hamburger Lettuce, Tomato, Pickle Baked Potato Smiles Ranch Style Beans Chilled Variety of Fruit 22	Pepperoni or Cheese Pizza Corn Carrots w/ Dip Chilled Variety of Fruit 23
			

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

STARTING JUNE 3
 For A Meal Meal
 Call 211 or Text 800-222-5772 to 877-8772

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.

