

IMPORTANT

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

Go to schoolcafe.com to view
 account balance.

MAY

2019

GOOD
 EATS AT

BREWER HIGH SCHOOL CAFÉ

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 &
 salads are offered daily.
 Choice of skim
 Chocolate
 Milk or 1% white Milk with
 each meal.
 *Nitrate Free
M-W-F: Breaded Chicken
 Sandwich
T-TH: Cheeseburger

T	W	TH	F
Chicken Fajitas w/ Whole Wheat Tortillas Spanish Rice Pinto Beans Large Garden Salad Chilled Variety of Fruit	Turkey Corn Dog Baked Potato Smiles Baked Vegetarian Beans Lettuce, Tomato, Pickle Tater Tots Chilled Variety of Fruit	General TSO Breaded Chicken w/Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit	
Steak Fingers w/ Wheat Roll Mashed Potatoes Glazed Carrots Steamed Spinach Chilled Variety of Fruit	Build Your Own Salad Popcorn Chicken w/ Roll Romaine/ Spinach Mix Tomato, Diced Celery, Black Beans, Corn Mandarin Oranges, Diced Apples Chilled Variety of Fruit	Beef N Cheese Nachos Corn Refried Beans Garden Salad Chilled Variety of Fruit	Breaded Orange Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit
Chicken Nuggets w/ Wheat Roll Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit	Wild Mike's Cheese Bites Corn Carrot Sticks w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit	Beef Soft or Crunchy Tacos w/ Cheese Spanish Rice Refried Beans Large Lettuce & Tomato Chilled Variety of Fruit	Crispy Fish Sticks w/ Roll Ranch Style Beans Mac n Cheese Tater Tots Veggies w/ Dip Chilled Variety of Fruit
Chicken Drumstick w/ Wheat Roll Mashed Potatoes Glazed Carrots Green Beans Chilled Variety of Fruit	Penne Pasta w/ Chicken Meatballs & Marinara & Garlic Texas toast Green Beans Black Eyed Peas Large Garden Salad Chilled Variety of Fruit	Chicken Fajitas w/ Whole Wheat Tortillas Spanish Rice Pinto Beans Large Garden Salad Chilled Variety of Fruit	Turkey Corn Dog Baked Potato Smiles Baked Vegetarian Beans Lettuce, Tomato, Pickle Tater Tots Chilled Variety of Fruit



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

STARTING JUNE 3
 For A Meal, Call 211 or Text 20222 to 877-877

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
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 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.