

# 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

**BREWER  
 MIDDLE SCHOOL**

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**

Variety of Sandwiches &  
 salads are offered daily.  
 Choice of skim Chocolate  
 Milk or 1% white Milk with  
 each meal.

**M-W-F:  
 Variety of Pizza**

**T-TH:  
 Hamburger/Cheeseburger**



T	W	TH	F
<b>Beef N Cheese Nachos</b> Corn Refried Beans Garden Salad Cucumber salad Chilled Variety of Fruit	<b>Chicken Corn Dog</b> Baked Vegetarian Beans, Potato Smiles, Carrot Sticks w/ Dip, Lettuce, Tomato, Pickle Chilled Variety of Fruit	<b>Breaded Orange Chicken w/ Brown Rice</b> Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit	<b>Tyson Chicken Nuggets w/ Wheat Roll</b> Mashed Potatoes Garden Salad Glazed Carrots Chilled Variety of Fruit
<b>Trident Fish Sticks</b> Mac & Cheese Ranch Style Beans Large Garden Salad Chilled Variety of Fruit	<b>Beef Soft or Crispy Taco w/ Cheese</b> Spanish Rice Pinto Beans Garden Salad Chilled Variety of Fruit	<b>BBQ Sandwich (Texas Western Pork or Beef)</b> Baked Tater Tots Ranch Style Beans Chilled Variety of Fruit	<b>Wild Mike's Cheese Bites w/ marinara</b> Corn Carrot sticks w/dip Garden Salad Chilled Variety of Fruit
<b>Breaded Chicken Drumstick w/ Wheat Roll</b> Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit	<b>Penne Pasta w/ meatballs w/ Texas toast</b> Green beans Black eyed peas Garden salad Chilled Variety of Fruit	<b>Build Your Own Salad</b> Popcorn/Chicken w/ Roll Romaine/ Spinach Mix, Diced Celery, Black Beans, Corn, Shredded Carrots, Mandarin Oranges, Diced Apples Chilled Variety of Fruit	<b>Turkey Hot Dog*</b> Ranch Style Beans Baked Potato Smiles Lettuce, Tomato, Pickle Chilled Variety of Fruit *Nitrate Free
<b>General TSO Breaded Chicken w/ Brown Rice</b> Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit	<b>Steak Fingers w/ Wheat Roll</b> Mashed Potatoes Garden Salad Glazed Carrots Chilled Variety of Fruit	<b>Splash Dayz Or Sack Lunch Deli or PBJ Sandwich</b> Carrot Sticks Cherry Tomatos Variety of fruit Bagged Chips	<b>Grilled/ Breaded Chicken Sandwich on Wheat Bun</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit
<b>Variety of Pizza</b> Corn Green Beans Garden Salad Chilled Variety of Fruit			

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

STARTING JUNE 9

Call 211  
 or  
 Text  
 800.272.1234 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](http://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 & SAVORY 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.



## 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.