



Meet the  
**MELONATOR**

# MAY

**TIGER CAFÉ**  
@ MAIN (Elem/JH)

**2019**

**GOOD EATS AT**

**M**

**T**

**W**

**TH**

**F**

**Breakfast-**

Offered Daily:  
Cereal  
Yogurt  
Graham Crackers  
Variety of Fruit  
100% Fruit Juice  
Variety of Milk

**Lunch -**

Lunch -  
Offered Daily:  
Variety of Salads  
Variety of Wraps  
Variety of Sandwiches  
Variety of Fruit  
Variety of Vegetables  
Whole Grains  
Variety of Milk

**Breakfast Taco or Oatmeal Bar**  
**POPCORN CHICKEN BOWL** 6

**Donut Holes / Poptart & Cheese Stick**  
**CHILI CHEESE FRIES** 7

**Bkt Sandwich / French Toast Stk**  
**BEEF SPAGHETTI**

**Pancake / Mini Corndogs**  
**BREADED CHEESE STICK** 9

**Soft Pretzel / Chicken Biscuit**  
**PULLED PORK STREET TACOS** 10

**Breakfast Pizza/Fruedel**  
**COUNTRY FRIED STEAK** 13

**Donuts or Biscuits & jelly**  
**ENCHILADA AND TAMALE PLATE** 14

**Pig n Blanket or Fruit Muffin**  
**ORIENTAL BOWL** 15

**Yogurt Parfait**  
**Sausage on Stick FRITO PIE** 16

**Eggs, Sausage & Toast / Waffle**  
**CHICKEN DRUMSTICK** 17

**Breakfast Taco or Oatmeal Bar**  
**CHICKEN NUGGETS** 20

**Donut Holes or Poptart / Cheese Stick**  
**CHICKEN QUESADILLA** 21

**Bkt Sandwich / Cinnamon Roll**  
**BREAKFAST FOR LUNCH** 22

**Pancake / Mini Corndogs**  
**BEEF TACO** 23

**Soft Pretzel / Chicken Biscuit**  
**STEAK FINGERS** 24

**Memorial Day**  
  
27

**Sausage Biscuit or Fruit Muffin**  
**Walking Taco-JH ELEM- Grilled Hot DoG** 28

**Donut / Pig n Blanket**  
**CHICKEN STRIPS** 29

**Eggs, Sausage & Toast or Waffle**  
**BEEF & CHEESE NACHO** 30

**Poptart or Soft Pretzel**  
**CORNDOG-Elem JH- Grilled Hot Dog** 31

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

**STARTING JUNE 3**  
Call 211 or Text 800.735.8777

# 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.

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.