



Meet the
MELONATOR

MAY

2019

GOOD EATS AT

**McAllen ISD
Child
Nutrition
Services
Middle School
Menu**

SPECIAL ANNOUNCEMENTS

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers. Ham & Cheese & pizza offered as additional choices at lunch
* Flavored and unflavored skim milk offered at each meal service
* Menu changes made to assist with STARR administration

Menus subject to change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i g
This product was funded by USDA.
This institution is an equal opportunity provider.

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Concha Juice/Fruit
Chicken Fajita w/ Tortilla OR Burrito w/ Cheese
Golden Corn
Taco Salad
Assorted Fruit/Juice **6**

French Toast Bites Juice/Fruit
Oven Roasted Chicken OR Chicken Fried Steak
Broccoli w Cheese
Mashed Potatoes
Assorted Fruit/Juice **7**

Morning Sausage Roll Juice/Fruit
Cheese Enchiladas OR Beef Tamales
Refried Beans
Taco Salad
Assorted Fruit/Juice **8**

Barbacoa Taco Juice/Fruit
Hamburger/Cheeseburger OR Buffalo Chicken Wrap
Curly Fries
Burger Salad
Assorted Fruit/Juice **9**

Chia Bar Juice/Fruit
Pizza OR Fish w/ Mac & Cheese
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice **10**

Pancake on a Stick Juice/Fruit
Chicken Burger OR Cheese Sticks
Veggie Nibbles
Tator Tots
Assorted Fruit/ Juice **13**

Morning Sausage Roll Juice/Fruit
Mini Corn Dog OR Hot Dog
Carrot Sticks w Ranch
Curly Fries
Assorted Fruit/ Juice **14**

PB Jamwich Juice/Fruit
Hamburger/Cheeseburger OR Chicken Fajita Wrap
Tator Tots
Burger Salad
Assorted Fruit/Juice **15**

Honey Bun Juice/Fruit
Carne Guisada OR Tamales
Refried Beans
Taco Salad
Assorted Fruit/ Juice **16**

Banana Chocolate Bar Juice/Fruit
Pizza OR Southwest Salad w/ Croutons
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice **17**

Banana Chocolate Bar Juice/Fruit
Spicy Chicken Tenders OR Beef Fingers
Broccoli w/ Cheese
Mashed Potatoes
Assorted Fruit/Juice **20**

PB Jamwich Juice/Fruit
Beef & Broccoli Rice Bowl OR Meatball Hoagie
Carrot Coins
Golden Corn
Assorted Fruit/Juice **21**

Marranito Juice/Fruit
Chalupas OR Frito Pie
Refried Beans
Taco Salad
Assorted Fruit/Juice **22**

Breakfast Taco Juice/Fruit
Hamburger/Cheeseburger OR Chili w/ Cornbread
Curly Fries
Burger Salad
Assorted Fruit/Juice **23**

Banana Chocolate Bar Juice/Fruit
Pizza OR Southwest Salad w/ Croutons
Carrot Sticks w/ Ranch
Burger Salad
Assorted Fruit/ Juice **24**

NO SCHOOL
27

French Toast Bites Juice/Fruit
Oven Roasted Chicken OR Chicken Fried Steak
Broccoli w Cheese
Mashed Potatoes
Assorted Fruit/Juice **28**

Morning Sausage Roll Juice/Fruit
Cheese Enchiladas OR Beef Tamales
Refried Beans
Taco Salad
Assorted Fruit/ Juice **29**

Concha Juice/Fruit
Hamburger/Cheeseburger
Veggie Nibbles
Burger Salad
Assorted Fruit/Juice **30**

Banana Choc Bar Juice/Fruit
Ham & Cheese Sandwich
Carrot Sticks w/ Ranch
Curly Fries
Assorted Fruit/ Juice **31**

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

STARTING JUNE 3
Get A Meal Near You
Call 211 or Text 832-871

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.



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