



Meet the
MELONATOR

MAY

SISD HEAD START

2019

GOOD EATS AT

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Breakfast-

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

Lunch -

Offered Daily:
Chef Salad
Variety of Fruit
Variety of Vegetables
Whole Grains
Variety of Milk

Also Offered:
Turkey Sandwich or
Turkey Wrap

Donut Holes
CHICKEN STRIPS 6

Breakfast Sandwich
TANGERINE CHICKEN 7

Breakfast Pizza
CHICKEN FAJITA 8

French Toast Sticks
CHILI CHEESE DOG 9

Pastries for Parents Day
PIZZA 10

Pancake
CHICKEN NUGGETS 13

Yogurt Parfait & Cinnamon Toast
BEEF TACO 14

Sausage Biscuit Grill
CHEESE 15

Eggs & Toast
CHICKEN DRUMSTICK 16

Mini Corndogs
CHEESE - BURGER 17

Pig n Blanket
CHEF SALAD 20

Pancake on a Stick
STEAK FINGERS 21

Cinnamon Roll
BREAKFAST FOR LUNCH 22

Eggs, Biscuit & Gravy
BEEF SPAGHETTI 23

Sausage Biscuit
BEEF & CHEESE NACHO 24

Memorial Day

TURKEY SANDWICH 27

Fruit Muffin
TURKEY SANDWICH 28

Pig n Blanket
PIZZA 29

Eggs, Sausage & Toast
GRILLED HOT DOGS 30

Waffle
LUNCHABLE 31

HEALTHY SUMMER MEALS FOR KIDS
no Cost For Kids 13 and younger

STARTING JUNE 3
For A Meal Plan
Call 211
or
Text
800-775-8771

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.

