



Meet the
MELONATOR

MAY

TIGER CUB CAFÉ @ BROWN

2019

**GOOD
EATS AT**

M

T

W

TH

F

Donut Holes

CHICKEN STRIPS 6

Pancake

CHICKEN NUGGETS 13

Pig n Blanket

BREADED CHICKEN SANDWICH 20

Memorial Day



27

Breakfast Sandwich

TANGERINE CHICKEN 7

Yogurt Parfait & Cinnamon Toast

BEEF TACO 14

Pancake on a Stick

STEAK FINGERS 21

Fruit Muffin

CORNDOG 28

Cinnamon Roll

FRITO PIE 1

Breakfast Pizza

CHICKEN FAJITA 5

Sausage Biscuit

GRILL CHEESE 15

Cinnamon Roll
BREAKFAST FOR LUNCH 22

Pig n Blanket

PIZZA 29

Pig n Blanket LUNCHABLE DAY 2

French Toast Sticks

CHILI CHEESE DOG 9

Eggs & Toast

CHICKEN DRUMSTICK 16

Eggs, Biscuit & Gravy

BEEF SPAGHETTI 13

Eggs, Sausage & Toast

GRILLED HOT DOGS 30

Sausage on Stick

BEEF ENCHILADAS 8

Pastries for Parents Day

PIZZA 10

Mini Corndogs

CHEESE - BURGER 17

Sausage Biscuit

BEEF & CHEESE NACHO 24

Waffle

LUNCHABLE 31

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

HEALTHY SUMMER MEALS FOR KIDS
no Cost For Kids 10 and younger

STARTING JUNE 3



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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:

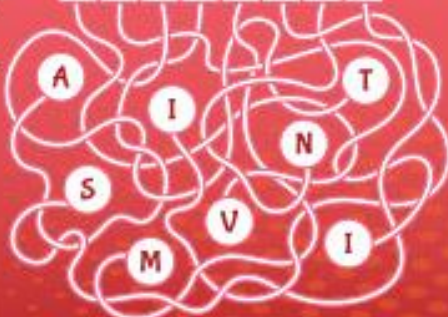
1. Wash the watermelon. Remove rind and cut into 1/2-inch cubes. Cover and refrigerate while you prepare the rest of the recipe.
2. Place 1/2 cup baby spinach in each service container (e.g. clear plastic container).
3. Top with 1/4 cup carrots.
4. In a small bowl or blender, combine cider vinegar, soy 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.

