

Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

*Weslaco ISD
Supper
Program*

**SPECIAL
ANNOUNCEMENTS**

**Choice of
Low Fat or
Fat Free Milk
(flavored and
Unflavored)
offered daily**

*This institution is an equal
opportunity provider.*

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F

Bean/Cheese Burrito
Seasoned Corn
Seasonal Fruit
Assorted Milk
1

Turkey/Cheese
Hoagie
Tater Tots
Seasonal Fruit
Assorted Milk
2

Cheese Pizza Wedge
Peas & Carrots
Seasonal Fruit
Assorted Milk
3

Cheeseburger
Ranch Style Beans
Seasonal Fruit
Assorted Milk
6

Turkey/Cheese
Hoagie
Veggie Sticks
Seasonal Fruit
Assorted Milk
7

Country Steak
On Bun
Steak Fries
Seasonal Fruit
Assorted Milk
8

Popcorn Chicken
Sliced Wheat Bread
Cucumber Slices
Seasonal Fruit
Assorted Milk
9

Grilled Cheese
Sandwich
Seasoned Curly Fries
Seasonal Fruit
Assorted Milk
10

Corndog
Veggie Sticks
Seasonal Fruit
Assorted Milk
13

Chicken Strips
Sliced Bread
Whipped Potatoes
Seasonal Fruit
Assorted Milk
14

Bean/Cheese
Burrito
Seasoned Corn
Seasonal Fruit
Assorted Milk
15

Turkey/Cheese
Hoagie
Tater Tots
Seasonal Fruit
Assorted Milk
16

Cheese Pizza Wedge
Peas & Carrots
Seasonal Fruit
Assorted Milk
17

Cheeseburger
Ranch Style Beans
Seasonal Fruit
Assorted Milk
20

Turkey/Cheese
Hoagie
Veggie Sticks
Seasonal Fruit
Assorted Milk
21

Country Steak
On Bun
Steak Fries
Seasonal Fruit
Assorted Milk
22

Early Release HS Only
Popcorn Chicken
Sliced Wheat Bread
Cucumber Slices
Seasonal Fruit
Assorted Milk
23

**Early
Release**
24

Work Day
27

Enrichment Day
Chicken Strips
Sliced Bread
Whipped Potatoes
Seasonal Fruit
Assorted Milk
28

Enrichment Day
Bean/Cheese
Burrito
Seasoned Corn
Seasonal Fruit
Assorted Milk
29

Enrichment Day
Turkey/Cheese
Hoagie
Tater Tots
Seasonal Fruit
Assorted Milk
30

Enrichment Day
Cheese Pizza Wedge
Peas & Carrots
Seasonal Fruit
Assorted Milk
31

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

STARTING JUNE 3
For A Meal Meal Pack
Call 211
or
Text
20097X to 877-877

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 Agrilife 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.