

Meet the
MELONATOR

MAY

2019

**GOOD
EATS AT**

**GRAFORD ISD
LUNCH MENU**

**THIS INSTITUTION IS
AN EQUAL
OPPORTUNITY
PROVIDER**

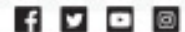
**SPECIAL
ANNOUNCEMENTS**

LUNCH PRICES
PK-8.....2.10
9 - 12.....2.35
ADULTS.....3.70

**HAVE A GREAT
SUMMER!!**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

M

T

W

TH

F

French Toast Sticks
Or
Cereal w/toast
Fruit Variety
Juice Choice
Milk Choice **6**

BK Taco w/ Salsa
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **7**

Sausage W/ Biscuit
Or
Cereal W/ Toast
Fruit Variety
Juice Choice
Milk Choice **8**

Cinnamon roll
w/Yogurt
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk choice **9**

**Cinnamon Toast or
Or Buttered Toast
W/ Cereal choice
Fruit Variety
Juice Choice
Milk Choice **10****

Waffles w/ Syrup
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **13**

Minni Cinnis
Or
Cereal W/ Toast
Fruit Variety
Juice Choice
Milk Choice **14**

Sausage W/ Biscuit
Or
Cereal W/ Toast
Fruit Variety
Juice Choice
Milk Choice **15**

Pig -n-Blanket
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **16**

Oatmeal w/ Toast
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **17**

Pancakes w/ syrup
Or
Cereal w/ toast
Fruit Variety
Juice Choice
Milk Choice **20**

BK Pizza
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **21**

Sausage & Egg Biscuit
Or
Cereal w/ Toast
Fruit Variety
Juice Choice
Milk Choice **22**

Muffin w/ Yogurt
Or
Cereal w/ Toast
Fruit Variety
Juice choice
Milk Choice **23**

**NO
SCHOOL **24****

**NO
SCHOOL **27****

HAVE **28**

A **29**

GREAT **30**

SUMMER **31**

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



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:

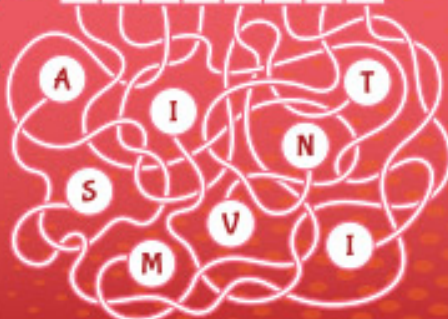
1. Wash the watermelon. Remove rind and cut into 1/2-inch cubes. Cover and refrigerate while you prepare the rest of the recipe.
2. Place 1/2 cup baby spinach in each service container (e.g. clear plastic container).
3. Top with 1/4 cup carrots.
4. In a small bowl or blender, combine cider vinegar, soy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