



GOOD EATS AT

MAY ISD

SPECIAL ANNOUNCEMENTS

Lunch Menu
 K-6 Regular Price: \$2.55
 7-12 Regular Price: \$2.80
 K-12 Reduced Price: \$0.40
 Extra Milk: \$0.50
 Extra Juice: \$0.50
 Adult Price: \$3.75

Milk and juice are offered with each meal. Menu is subject to change due to deliveries



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

CHICKEN NUGGETS FRENCH FRIES COOKED CARROTS ROLLS FRUIT MILK/JUICE 1	CHICKEN NOODLE CASSEROLE GREEN BEANS ROLLS CARROTS FRUIT MILK/JUICE 2	CHEESEBURGERS TATER TOTS BAKED BEANS BROCOLLI FRUIT MILK/JUICE 3
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CORN DOGS FRENCH FRIES SPINACH CELERY FRUIT MILK/JUICE 6	SPAGHETTI MEATBALLS GREEN BEANS BREAD FRUIT MILK/JUICE 7	TACO SALAD REFRIED BEANS SPANISH RICE Celery Fruit Milk/Juice 8	BAKED FISH BLACKEYED PEAS FRENCH FRIES COLESLAW FRUIT MILK/JUICE 9	CHICKEN ON BUN RANCH BEANS CHIPS BROCOLLI FRUIT MILK/JUICE 10
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GRILLED CHICKEN SUBS CHIPS BROCOLLI/CARROTS FRUIT MILK/JUICE 13	STEAKFINGERS POTATO WEDGES GREEN BEANS ROLLS FRUIT MILK/JUICE 14	BEEF BEAN BURRITO REFRIED BEANS SPANISH RICE FRUIT MILK/JUICE 15	SENIOR DAY CHICKEN STRIPS MACARONI CHEESE CORN ROLLS FRUIT MILK/JUICE 16	BBQ ON BUN TATER TOTS COOKED CARROTS CELERY FRUIT MILK/JUICE 17
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KING RANCH CHICKEN RANCH BEANS BROCOLLI ROLLS FRUIT MILK/JUICE 20	CHICKEN FAJITA'S REFRIED BEANS SPANISH RICE FRUIT MILK/JUICE 21	PIZZA VEGGIE NUGGETS CORN FRUIT MILK/JUICE 22	FRITO PIE PEAS CELERY FRUIT MILK/JUICE 23	PEANUT BUTTER JELLY SANDWICHES TURKEY/HAM CHIPS CARROTS FRUIT MILK/JUICE 24
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NO SCHOOL SUMMER BREAK!! 27	NO SCHOOL 28	NO SCHOOL 29	NO SCHOOL 30	NO SCHOOL 31
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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

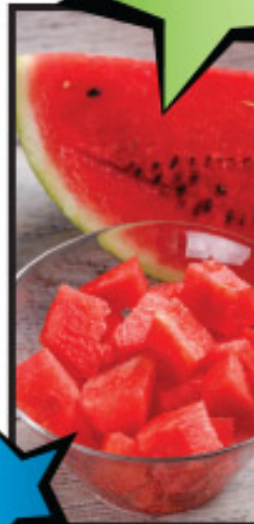
Ingredients:

- 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.