



Meet the **MELONATOR**

# MAY

2019

**GOOD EATS AT**

**NEW HOME ISD.  
LUNCH MENU**

**SPECIAL ANNOUNCEMENTS**

**HAVE A SAFE  
BUT  
FUN SUMMER!!!**

**FROM YOUR  
LUNCHLADIES,**

DELORES TORRES  
ASHELY TORRES  
MARY JANE GARCIA  
Lisa Alvarado

**M** **T** **W** **TH** **F**

**1**  
Chicken Sandwich  
Oven Fries  
Or  
X-Treme Burrito  
Salsa  
Corn  
Or  
Chicken Salad  
Fresh Veggie Cup  
Lettuce, Tomato Garnish  
Mandarin Oranges

**2**  
Asian Bowl  
Eggroll  
Or  
Hamburger Steak  
Brown Gravy  
Biscuit  
Roasted Potatoes  
Or  
Chicken Salad  
Garden Salad  
Fruity Gelatin

**3**  
Nachos Grande  
Beans  
Salsa  
Lettuce, Tomato Garnish  
Or  
Taco Soup  
Or  
Chicken Salad  
Tiny Tomato Cup  
Cucumber Slices  
Peaches  
Lime Sherbet

**6**  
Chicken Fried Steak  
Or  
Meatloaf  
Or  
Chef Salad  
Mashed Potatoes  
Okra  
Roll  
Strawberries

**7**  
Meat & Chalupa  
Or  
Enchiladas  
(Chicken)  
Or  
Chef Salad  
Salsa  
Zesty Cucumbers  
Beans  
Lettuce/Tomato garnish  
Rosy Applesauce

**8**  
Chicken Tenders  
Biscuit  
Gravy  
Or  
Hamburger/Cheesburger  
Hamburger Garnish  
Or  
Chef Salad  
Broccoli  
Sweet Potato Fries  
Mixed Fruit  
Crispy Cereal Treat

**9**  
Chicken Spaghetti  
Breadsticks  
Or  
Pizza Choice  
Or  
Chef Salad  
Garden Salad  
Carrots  
Apple Slices

**10**  
Fish Sticks  
Mac & Cheese  
Or  
BBQ on a Bun  
Or  
Chef Salad  
Coleslaw  
Savory Green Beans  
Orange Smiles

**13**  
Texas Basket  
(Steak Finger, Fries, Toast)  
Or  
Hamburger/Cheesburger  
HB Garnish  
Oven Fries  
Or  
Chicken Fajita Salad  
Veggie Cup  
Mixed Fruit

**14**  
Tex -Mex Stack  
Or  
Chicken Fajita  
Or  
Chicken Fajita Salad  
Beans  
Tiny Tomato Cup  
Salsa  
Lettuce/Tomato Garnish  
Peaches

**15**  
Chicken Alfredo  
Breadstick  
Or  
Pizza Pocket  
Marinara Sauce  
Or  
Chicken Fajita  
Tuscan Vegetables  
Garden Salad  
Cinnamon Applesauce  
Cookie

**16**  
Ranchero Wrap  
Or  
Country Pot Pie  
Or  
Chicken Fajita Salad  
Broccoli  
Veggie Cup  
Snowball Salad

**17**  
NO  
SCHOOL

**20**  
CHICKEN NUGGETS  
MAC-N-CHEESE  
SAVORY GREEN  
BEANS  
GARDEN SALAD  
STRAWBERRIES

**21**  
Pizza Choice  
Corn  
Tiny Tomato  
Cup  
Fruity Gelatin

**22**  
SACK LUNCHES

**23**  
MENU IS SUBJECT TO  
CHANGE

27

28

29

30

31

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**  
NEW! Call For Kids 18 and Younger

**STARTING JUNE 3**  
For A Meal New To You  
Call 211  
or  
Text  
211 to 278-611



# MAY

2019

GOOD EATS AT

NEW HOME ISD.  
BREAKFAST  
(STUDENTS EAT FREE)

SPECIAL ANNOUNCEMENTS

**HEALTHY SUMMER MEALS FOR KIDS**  
New Great Food Ideas for Kids 18 and Younger



M	T	W	TH	F
	<b>Power Breakfast</b> (Biscuits, Gravy, Scrambled Eggs, Bacon) Or <b>Breakfast Parfait</b> Fruit Fruit Juice Milk Variety 1	<b>Sausage Kolache</b> Yogurt Or PBJ Fruit Fruit Juice Milk Variety 2	Morning Griddle Sandwich Or Muffin/Yogurt Fruit Fruit Juice Milk Variety 3	
Waffles/Bacon Or Cereal/ Toast Fruit Fruit Juice Milk Variety 6	Cinnamon Rolls Sausage Or PBJ Fruit Fruit Juice Milk Variety 7	Breakfast Pizza Or Muffin/Yogurt Fruit Fruit Juice Milk Variety 8	Sausage, Egg, & Cheese Sandwich Or Breakfast Crackers Cheese Stick Fruit Fruit Juice Milk Variety 9	Biscuit, Gravy, Scrambled Eggs Or Breakfast Round Yogurt Fruit Fruit Juice Milk Variety 10
Sausage Biscuit Or Muffin/Yogurt Fruit Fruit Juice Milk Variety 13	Breakfast Burrito Or Breakfast Strudel Cheese Stick Fruit Fruit Juice Milk Variety 14	<b>Chicken-n-Waffles</b> Or <b>Breakfast Parfait</b> Fruit Fruit Juice Milk Variety 15	Pancakes/Sausage Or PBJ Fruit Fruit Juice Milk Variety 16	<b>NO SCHOOL</b> 17
Breakfast Pizza Or Cereal/Toast Fruit Fruit Juice Milk Variety 20	Chicken-n-Biscuit Or PBJ Fruit Fruit Juice Milk Variety 21	<b>Power Breakfast</b> (Biscuit, Gravy, Scrambled Egg, Bacon) or Muffin/Toast Fruit Fruit Juice Milk Variety 22	<b>Have a fun And safe Summer</b> 23	<b>School is Out For Summer</b> 24
27	28	29	30	31

# 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.



## 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.