



**GOOD EATS AT**

**Denver City ISD  
Pre-K  
Dodson Primary**

**SPECIAL ANNOUNCEMENTS**

Breakfast is served with fruit, white milk and juice.

Lunch is served with white milk.

Food cannot be taken from the cafeteria.

This menu is subject to change without notice.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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**M T W TH F**

Mini Pancakes/Yogurt  
**Boneless Chicken Wings**  
Celery & Carrot Sticks, Cornbread, Fruit **1**

Breakfast Pizza  
**Mexican Combo Plate**  
Beans, Fruit **2**

Waffle/Cheese Stick  
**Popcorn Chicken**  
Broccoli, Fries, Fruit **3**

Sausage Biscuit  
**Breaded Drumstick**  
Carrots, Corn, Fruit, Animal Cookies **6**

Kolache/Cheese Stick  
**Crispy Tacos**  
Sliced Fresh Veggies, Side Kick **7**

Breakfast Sliders  
**Chicken Nuggets**  
Mashed Potatoes, Salad, Fruit **8**

Breakfast Bread/Yogurt  
**Cheeseburger**  
Fries, Carrots, Snowball Salad **9**

Waffle/Yogurt  
**Pulled Pork Sliders**  
Green Beans, Fruit **10**

Breakfast Pizza  
**Roasted Chicken**  
Broccoli, Roll, Fruit **13**

Mini Pancakes/Yogurt  
**Nachos Grande**  
Beans, Sliced Tomatoes and Cucumbers, Fruit **14**

Kolache/Cheese Stick  
**X-Treme Burrito**  
Sliced Fresh Veggies, Fruit **15**

Crackers/Cheese Stick  
**Hamburger Steak**  
Brown Gravy, Biscuit, Salad, Fruity Jello **16**

French Toast/Yogurt  
**Pizza**  
Carrots, Fruit, Animal Cookies **17**

Waffle/Cheese Stick  
**Country Fried Steak Strips**  
Mashed Potatoes, Roll, Side Kick **20**

Muffin/Yogurt or Cheese Stick  
**Meat & Cheese Chalupas**  
Beans, Fruit **21**

Mini Pancakes/Yogurt  
**Cheeseburger**  
Broccoli, Fruit **22**

Crackers/Yogurt or Cheese Stick  
**Pizza**  
Carrots, Fruit **23**

**SUMMER VACATION BEGINS** **24**

**MEMORIAL DAY** **27**

**SUMMER FOOD PROGRAM**  
June 2019  
Visit Child Nutrition at [www.dcid.org](http://www.dcid.org) for the details **29**

**SUMMER REC**  
June 4-28, 2018  
For info, contact Megan David [megan.david@dcisd.org](mailto:megan.david@dcisd.org) **30**

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**HEALTHY SUMMER MEALS FOR KIDS**  
no cost for kids 11 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

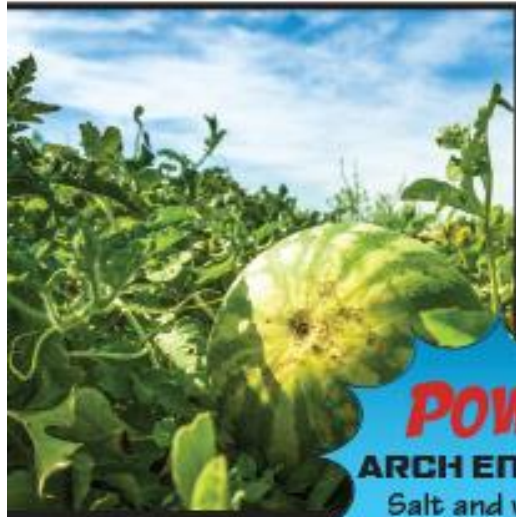
### Directions:

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 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.