



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

**GOOD EATS AT**

**Denver City ISD  
Mustang  
Cafeteria**

**SPECIAL ANNOUNCEMENTS**

Breakfast is offered with fruit, milk and juice.

Lunch is served with a milk variety.

Food cannot be taken from the cafeteria.

*This menu is subject to change without notice.*

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

**STARTING JUNE 3**  
For a meal menu, call 211 or text 800-775-8771

	<u>French Toast/Sausage</u> <b>Boneless Chicken Wings</b> Celery & Carrot Sticks, Cornbread, Fruit, Brownie 1	<u>Cereal Bar/Yogurt</u> <b>Mexican Combo Plate</b> Corn, Beans, Salsa, Garnish, Fruit 2	<u>Burrito/Hash Browns</u> <b>Popcorn Chicken</b> Roll, Broccoli, Fries, Fruit 3	
<u>Kolache/Yogurt</u> <b>Breaded Drumstick</b> Biscuit, Carrots, Corn, Fruit, Cookie 6	<u>Breakfast Taquitos</u> <b>Crispy Tacos</b> Fresh Veggies, Beans, Salsa, Garnish, Side Kick 7	<u>Waffles/Sausage</u> <b>Chicken Nuggets</b> Mashed Potatoes, Salad, Roll, Fruit 8	<u>Cereal Bar/Yogurt</u> <b>Cheeseburger</b> Garnish, Fries, Carrots, Snowball Salad 9	<u>Donut/Sausage</u> <b>Pulled Pork Sliders</b> Coleslaw, Green Beans, Fruit 10
<u>Pancakes/Sausage</u> <b>Roasted Chicken</b> Broccoli, Roll, Baked Beans, Apple-Pineapple D'Lite 13	<u>Burrito/Hash Browns</u> <b>Nachos Grande</b> Beans, Salsa, Garnish, Tiny Tomatoes, Cucumbers, Fruit, Lime Sherbet Cup 14	<u>Power Breakfast</u> <b>X-Treme Burrito</b> Salsa, Corn, Fresh Veggies, Garnish, Fruit 15	<u>Kolache/Yogurt</u> <b>Hamburger Steak</b> Brown Gravy, Biscuit, Roasted Potatoes, Salad, Fruity Jello 16	<u>Giddle Sandwich</u> <b>Pizza</b> Carrots, Crunchy Broccoli Salad, Fruit, Brownie 17
<u>Waffles/Bacon</u> <b>Country Fried Steak</b> Gravy, Mashed Potatoes, Green Beans, Roll, Side Kick 20	<u>Cinnamon Roll/Sausage</u> <b>Meat &amp; Cheese Chalupas</b> Salsa, Cucumbers, Beans, Garnish, Fruit 21	<u>Cereal or Yogurt Parfait</u> <b>Cheeseburger</b> Garnish, Broccoli, Sweet Potato Fries, Fruit, Rice Krispy Treat 22	<u>Cereal Bar/Yogurt</u> <b>Pizza</b> Salad, Carrots, Fruit 23	<b>SUMMER VACATION BEGINS</b> 24
<b>MEMORIAL DAY</b> 27		<b>SUMMER FOOD PROGRAM</b> June 2019 Visit Child Nutrition at <a href="http://www.dcsd.org">www.dcsd.org</a> for the details 29	<b>SUMMER REC</b> June 4-28, 2018 For info, contact Megan David <a href="mailto:megan.david@dcsd.org">megan.david@dcsd.org</a> 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

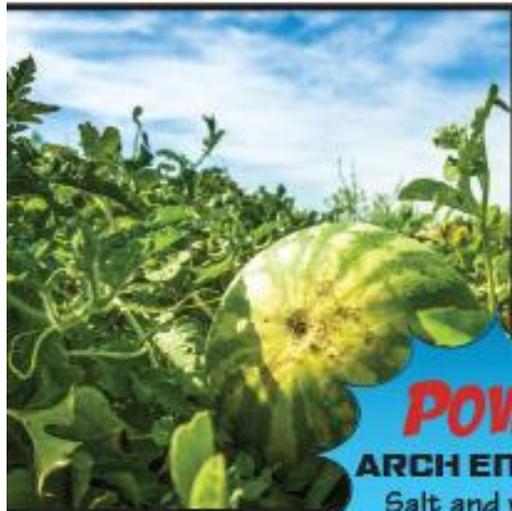
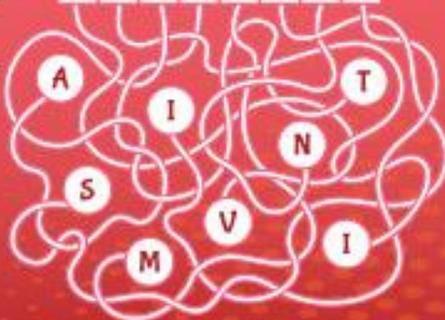
### Directions:

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.

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.