

FEBRUARY

2019



I'm on your team...
**RUBY RED
BEAM**

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**ART
CONTEST
BEGINS**

**"You ART what You Eat"
Art Contest
STARTS FEBRUARY 4TH
squaremeals.org/artcontest**

**GOOD
EATS AT**

Breakfast includes choice of Milk and Juice.

**SPECIAL
ANNOUNCEMENTS**

Breakfast and lunch are offered free of charge to all students.

Mini Donuts/Peach Cup
PreK-Cereal
Beef Empanada or Pizza
Corn /Seasoned Carrots
Craisins/Milk **4**

Mini Pigs in
Blanket/Mixed Fruit
Oven Fried Chicken or
Pork Chops
Mashed Potatoes/Gravy
Green Beans
Apricots/Milk **5**

Breakfast
Pizza/Mandarin Orange
Little Smokies or Mini
Beef Riblettes
Mac&Cheese/Baked
Beans/Sweet Potato
Tots/Emoji Cup/Milk **6**

Mini Waffles/Pineapple
Cup
Salisbury Steak or Chef
Salad/Roll
Baby Bakers
Turnip Greens
Strawberry Cup/Milk **7**

Mini Waffles/Apple
Slices
Popcorn Chicken or Chili
Cornbread
Curly Fries
Dark Green Salad
Mixed Fruit/Milk **1**

Big Muffin/Apple Slices
Grilled Cheese or Sub
Sandwich
Tomato Soup
Potato Smiles
Pears
Milk **8**

Poptarts/Peach Cup
PreK-Cereal
Ravioli/Bread stick or
Pizza
Corn /Seasoned Carrots
Mixed Fruit/Milk **11**

Pig in Blanket/Mixed
Fruit Cup
BBQ Sandwich or Fish
Sandwich
Spicy Sweet Potato
Fries/Northern Beans
Pineapple Tidbits/Milk **2**

Breakfast
Pizza/Mandarin Orange
Steak Fingers or Chicken
Fries/Texas Toast
Mashed Potatoes/Gravy
Green Beans/Dragon
Fruit Slushie/Milk **13**

Mini Bagel/Pear Cup
Asian Chicken or Egg
Roll
Noodles/Stir Fry
Vegetables/Dark Green
Salad/Applesauce Cup
Milk **14**

Breakfast Burrito/Apple
Slices
Nacho Supreme or
Cheese Quesadilla
Pinto Beans
Salsa Cup/Jicama
Peaches/Milk **15**

No School **18**

Stuffed Crescent/Mixed
Fruit
Hamburgers or Chicken
Sandwich
Tater Tots
Green Peas
Raisels/Milk **19**

Breakfast
Pizza/Mandarin Orange
Sea Shaped Fish Nuggets
or Hot Pocket
Green Beans/Carrots
Mac & Cheese
Pink Lemonade Frozen
Fruit/Milk **20**

French Toast
Sticks/Pear Cup
Spaghetti & Meat Sauce
or Chicken Nuggets
Bread-Cheese Stick
Marinara Cup/Broccoli
& Cheese/Orange/Milk **1**

Yogurt & Lil'
Grahams/Apple Slices
Chicken Crispito or
Nacho Bites
Refried Beans/Salsa cup
Grapes/Milk **22**

Vertical Bar&
Cheese/Peach Cup Pre-
K-Cereal
Chili Dog or Hot Pocket
Oven Fries
Purple Hull Peas
Pineapple Tidbits/Milk **25**

Breakfast Burrito/Mixed
Fruit Cup
Taco Roll or Cheese
Nachos
Cornbread Muffin
Black Beans/ Corn
Peaches/Milk **26**

Breakfast
Pizza/Mandarin Orange
Mini Corn Dogs or Pizza
Seasoned Carrots
Celery Sticks w/Dip
Fruit Juice
Milk **27**

Honey Bun/Pear Cup
Chuck wagon/Cheesy
Bread Stick or Meatballs
on Sub
Green Beans
Dark Green Salad
Mixed Dried Fruit **28**

RUBY RED BEAM

Grapefruit

One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree and stumbled upon Ruby Red. She was the first of her kind. She explained to him that she and her fellow grapefruit friends were a good source of nutritious vitamin C and that it was her mission to bring nutrition to all the residents of Healthyville. The farmer agreed to help Ruby Red plant grapefruit trees all over Healthyville and the state of Texas so everyone could enjoy the nutritious benefits and great taste of grapefruit.



FUN FACTS

- 'Ruby Red' was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a 'Pink Marsh' tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of the orange and a pummelo.

RUBY RED BEAM'S FAVORITE ACTIVITIES

Softball

HOW MANY?

Count the correct number of each fruit or vegetable below.



	_____		_____
	_____		_____
	_____		_____

POW!

ARCH ENEMY

Snails: The common garden snail can cause extensive damage to the leaves and fruit of citrus, especially grapefruit and oranges. They start by attacking young leaves by chewing holes in them and leaving them severely damaged.



JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: It kept peeling out.

