

FEBRUARY

2019



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

February 14th, grab a meal from the cafeteria to receive your "Eat your Veggies" pencil.



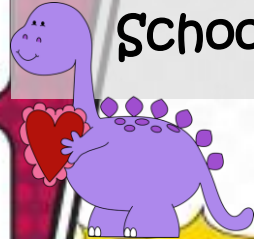
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ART CONTEST BEGINS

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

GOOD EATS AT

Diboll Primary School



SPECIAL ANNOUNCEMENTS

Happy Valentine's Day!

Breakfast and Lunch is FREE to all Diboll Primary students.

Menu subject to change without notice.

French Toast Sticks
Chicken Nuggets
Mashed Potatoes w/Gravy
Green Beans
Orange Wedges
Chocolate Chip Cookie **4**

Pancake & Sausage on a Stick
Super Nachos
Salsa/Lettuce/Tomato
Charro Beans
Chilled Pineapples **5**

Yogurt & Graham Cracker
Cheeseburger
Seasoned Fries
Burger Salad
Baby Carrots w/Ranch
Fresh Fruit **6**

Scrambled Eggs & Toast
Pizza Pocket
Steamed Broccoli
Carrot Coins
Applesauce **7**

Breakfast Pizza
Corn Dog
Baked Beans
Cucumber Slices w/Ranch
Fresh Fruit **8**

Muffin & Cheese Stick
Chicken Sandwich
Broccoli w/Ranch
Tomato Dippers
Diced Peaches **11**

Pancake & Sausage Link
Soft Taco
Pinto Beans
Salsa
Fresh Fruit **12**

Cinnamon Flakes Cereal & Toast
Pepperoni Pizza
Steamed Corn
Broccoli Dippers
Fresh Fruit **13**

Sausage Egg & Cheese Biscuit
Chicken Strips
Texas Toast
Mashed Potatoes
Green Beans
Mandarin Oranges **14**

Breakfast Pizza
Hot Dog
Seasoned Fries
Baby Carrots w/Ranch
Applesauce **15**

Rice Krispies Cereal & Toast
Chicken Smackers
Whole Grain Roll
Mashed Potatoes
Steamed Broccoli
Fresh Fruit **18**

Scrambled Eggs & Biscuit
Chicken & Cheese Crispito
Charro Beans
Steamed Corn
Mandarin Oranges **19**

Dutch Waffle Funnel Cake
Cheeseburger
Seasoned Fries
Burger Salad
Baby Carrots w/Ranch
Fresh Grapes **20**

Kolache
Spaghetti & Meatballs
Breadstick
Romaine Salad
Peas & Carrots
Fresh Fruit **21**

Breakfast Pizza
Mac & Cheese
Green Beans
Tomato Dippers
Mixed Fruit
Chocolate Chip Cookie **22**

French Toast Sticks
Steakfingers w/Gravy
Texas Toast
Mashed Potatoes
Mixed Vegetables
Sliced Peaches **25**

Pancake & Sausage on a Stick
Taco Salad
Salsa/Lettuce/Tomato
Refried Beans
Cantaloupe **26**

Yogurt & Graham Cracker
Pepperoni Pizza
Golden Corn
Broccoli Dippers
Fresh Fruit **27**

Breakfast Quesadilla w/Salsa
Grilled Cheese Sandwich
Seasoned Fries
Tomato Dippers
Applesauce **28**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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RUBY RED BEAM

Grapefruit

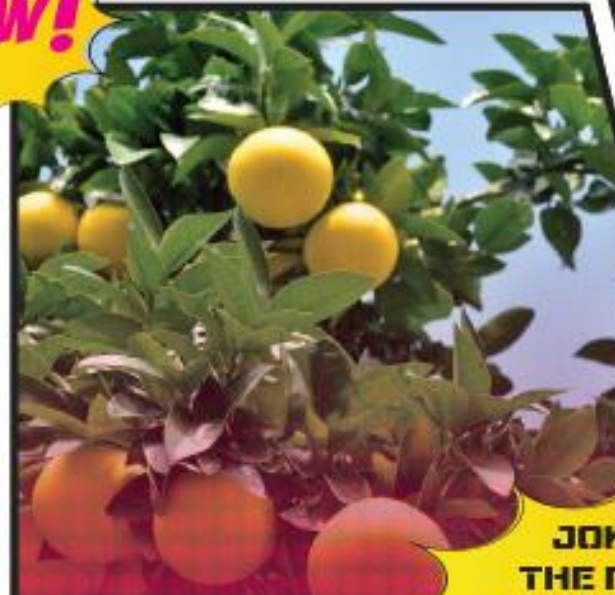
One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree 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.



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.

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.

