

FEBRUARY

2019



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

M T W TH F

ART CONTEST BEGINS

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

KOLACHE
ORANGE JUICE
FRUIT MILK
1

GOOD EATS AT



CEREAL
FRUIT MILK
4

OATMEAL
BANANA MILK
5

MUFFIN
SAUSAGE
FRUIT MILK
6

BLUEBERRY
PANCAKES
FRUIT MILK
7

KOLACHE
ORANGE JUICE
FRUIT MILK
8

SPECIAL ANNOUNCEMENTS

CEREAL
FRUIT MILK
11

GRITS
SAUSAGE
FRUIT MILK
12

CEREAL BAR
FRUIT MILK
13

FRENCH TOAST
FRUIT MILK
14



MENU IS SUBJECT TO CHANGE!



CEREAL
FRUIT MILK
18

BISCUIT
SAUSAGE
FRUIT MILK
19

BAGEL
CREAM CHEESE
FRUIT MILK
20

CINNAMON
ROLL
FRUIT MILK
21

KOLACHE
ORANGE JUICE
FRUIT MILK
22

CEREAL
FRUIT MILK
25

PANCAKE ON
STICK
FRUIT MILK
26

DONUT
FRUIT MILK
27

BREAKFAST
PIZZA
FRUIT MILK
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.



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.

