



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

# FEBRUARY

2019

**GOOD  
EATS AT**

Siebert  
Elementary  
Breakfast

**SPECIAL  
ANNOUNCEMENTS**

Includes: fruit juice, fruit cup and variety of milk served daily. "This institution is an equal opportunities provider."

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

**ART CONTEST BEGINS**

**"You ART What You Eat" Art Contest STARTS FEBRUARY 4<sup>TH</sup>**  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

Waffles with Bacon,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt  
**4**

Cinnamon Roll with  
Sausage,  
Breakfast Strudel with  
Cheese stick,  
or WGR cereal variety  
with toast  
**5**

Breakfast Pizza,  
Breakfast Fruit Parfait,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt  
**6**

Sausage, Egg and Cheese  
Sandwich,  
Dutch Waffle with  
Sausage, , or PBJ  
WGR Cereal Variety  
with Toast,  
**7**

Scrambled Eggs and  
Biscuit with Gravy,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt  
**8**

Sausage Biscuit,  
WGR Cereal  
Variety with Toast,  
Muffin & Yogurt  
**11**

Breakfast Burrito,  
Breakfast Strudel  
with Cheese stick  
WGR cereal variety  
with toast  
**12**

Chicken-N-Waffles,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt  
**13**

Pancakes with  
Sausage, ,  
or PBJ  
WGR Cereal Variety  
with Toast,  
**14**

French Toast with  
Bacon,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt  
**15**

**No School  
for Students**  
**18**

Chicken-N-Biscuit  
Breakfast Strudel  
with Cheese stick,  
WGR cereal variety  
with toast  
**19**

Biscuit, & gravy  
Scrambled Eggs & Bacon  
Breakfast Fruit Parfait,  
WGR cereal variety with  
toast  
**20**

Pancakes wrap with  
yogurt  
PBJ  
WGR cereal variety with  
toast  
**21**

Cinnamon roll with  
Sausage  
Muffin with yogurt  
WGR cereal variety with  
toast  
**22**

Pancakes with  
bacon  
Muffin with yogurt  
WGR cereal variety  
with toast  
**25**

Sunrise sandwich  
Breakfast strudel  
with cheese stick  
WGR cereal variety  
with toast  
**26**

French Toast with  
sausage  
WGR cereal variety  
with toast  
Muffin with  
yogurt  
**27**

Oatmeal with  
Cinnamon Toast,  
PBJ  
WGR cereal variety  
with toast  
**28**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

# 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.

