



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

FEBRUARY

2019

GOOD EATS AT



M T W TH F

ART CONTEST BEGINS

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

CORNDOG BAKED BEANS POT WEDGES FRUIT MILK 1

HAMBURGER PICKLES LETT/TOM FRUIT MILK 4

CHIC SAND FRENCH FRIES CORN FRUIT MILK 5

PIZZA GREEN SALAD FRUIT MILK 6

CHILI MAC SWEET PEAS CARROTS FRUIT MILK 7

BURRITO CHILI BEANS RICE FRUIT MILK 8

CHIC NUGGETS CORN BROCCOLI FRUIT MILK 11

MEATBALLS MASHED POT GREEN BEANS FRUIT MILK 12

MANAGER CHOICE FRUIT MILK 13

HOT DOG BAKED BEANS CARROTS FRUIT MILK 14



TURKEY SAND PICKLE SPEAR CARROTS FRUIT MILK 18

TACOS YELLOW RICE LETT/TOM FRUIT MILK 19

HOT DOG BAKED BEANS PICKLE SPEARS FRUIT MILK 20

BLACK HISTORY BAKED CHIC MAC & CHEESE BLACK EYE PEAS CORNBREAD FRUIT/MILK 21

STEAK FINGERS BROCCOLI MASHED POT ROLL/FRUIT MILK 22

CHIC FAJITAS SPANISH RICE REFRIED BEANS FRUIT MILK 25

MANAGER CHOICE FRUIT MILK 26

CHIC TENDERS SWEET POTATO ROLL FRUIT MILK 27

MEAT LOAF/GRAVY MIX VEG /RICE FRUIT MILK 28

SPECIAL ANNOUNCEMENTS

MENU IS SUBJECT TO CHANGE!



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.

