



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

FEBRUARY

2019

GOOD EATS AT

Secondary Breakfast

SPECIAL ANNOUNCEMENTS

Includes Fruit, 100% Fruit Juice, Milk Variety and Water
* This Institution is an equal opportunity provider.

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ART CONTEST BEGINS

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

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

4

Cinnamon Roll with Sausage, Donut with Sausage, Breakfast Strudel with Cheese stick, or PBJ

5

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

6

Sausage, Egg and Cheese Sandwich, Dutch Waffle with Sausage, WGR Cereal Bar with Yogurt, or PBJ

7

Morning Griddle Sandwich, WGR Cereal Variety with Toast, Muffin & Yogurt

1

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 Combo, Donut with Sausage, Breakfast Strudel with Cheese stick, or PBJ

12

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

13

Pancakes with Sausage, Dutch Waffle with Sausage, WGR Cereal Bar with Yogurt, or PBJ

14

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

15

No School for Students

18

Chicken-N-Biscuit, Donut with Sausage, Breakfast Strudel with Cheese stick, or PBJ

19

Biscuit and Gravy with Scrambled Eggs and Bacon, Breakfast Fruit Parfait WGR Cereal Variety With Toast, Muffin & Yogurt

20

Pancake Wrap, with Yogurt, Dutch Waffle with Sausage, Breakfast Strudel with Cheese stick, PBJ

21

Cinnamon Roll with Sausage, WGR Cereal Variety with Toast, Muffin & Yogurt

22

Pancakes with Bacon, WGR Cereal Variety With Toast, Muffin & Yogurt

25

Sunrise Sandwich, Donut, Breakfast Strudel with Cheese stick, Or PBJ

26

Monte Cristo Sandwich, WGR Cereal Variety With Toast, Muffin & Yogurt

27

Oatmeal with Cinnamon Toast, Dutch Waffle with Sausage, WGR Cereal Bar with Yogurt, PBJ

28



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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.

