



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

FEBRUARY

2019

**TIGER CAFÉ
@ MAIN
(Elem/JH)**

**GOOD
EATS AT**

M

T

W

TH

F

**ART
CONTEST
BEGINS**

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

**PULLED
PORK
STREET
TACOS 1**

**Breakfast- Offered
Daily:
Cereal
Yogurt
Variety of Fruit
100% Fruit Juice
Variety of Milk**

**COUNTRY
FRIED
STEAK 4**

**ENCHILADA
5**

**ORIENTAL
BOWL
6**

**FRITO PIE
7**

**CHICKEN
DRUMSTICK
8**

**Lunch -
Offered Daily:
Chef Salad
Variety of Fruit
Variety of
Vegetables
Whole Grains
Variety of Milk**

**CHICKEN
NUGGETS
11**

**CHICKEN
QUESIDILLA
12**

**BREAKFAST
FOR LUNCH
13**

**BEEF
TACOS
14**

**SCHOOL
HOLIDAY
15**

**BAD
WEATHER
DAY
18**

**CORNDOG
19**

**STEAK
FINGERS
20**

**CHICKEN
STRIPS
21**

**BEEF
CHEESE
NACHOS²**

**Also Offered:
Turkey Sandwich
or Turkey Wran**

**POPCORN
CHICKEN
BOWL
25**

**CHILI
CHEESE
FRIES 26**

**BEEF
SPAGHETTI
27**

**BREADED
CHEESE
STICK 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.

