

# FEBRUARY

2019



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

February 14<sup>th</sup>,  
grab a meal  
from the  
cafeteria to  
receive your  
"Eat your  
Veggies" pencil.



Menu subject to change  
without notice.

**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)

**GOOD EATS AT**

**H.G. Temple Elementary & Intermediate Schools**

Breakfast is **FREE** to all Diboll ISD students. Lunch is **\$2.50 per meal** at Elementary & Intermediate

**SPECIAL ANNOUNCEMENTS**



**Happy Valentine's Day!**

**Daily Offerings:**  
**Breakfast:**  
Cereal & Toast  
Fresh Fruit or Fruit Juice  
Variety of Milk  
**Lunch:**  
Sandwich tray  
Variety of Milk

French Toast Sticks  
Chicken Nuggets  
Mashed Potatoes w/Gravy  
Green Beans  
Orange Wedges  
Chocolate Chip Cookie **4**

Pancake & Sausage on a Stick  
Super Nachos  
Salsa/Lettuce/Tomato  
Charro Beans  
Chilled Pineapples **5**

Yogurt Parfait  
Cheeseburger  
Seasoned Fries  
Burger Salad  
Baby Carrots w/Ranch  
Fresh Fruit **6**

Scrambled Eggs & Toast  
Pizza Pocket  
Steamed Broccoli  
Carrot Coins  
Applesauce **7**

Breakfast Pizza  
Texas Chili Pie  
Pinto Beans  
Carrot Coins  
Fresh Fruit **1**

Muffin & Cheese Stick  
Orange Chicken  
Steamed Rice  
Stir Fry Vegetables  
Tomato Dippers  
Diced Peaches **11**

Pancake & Sausage Link  
Chimichanga w/ Queso  
Pinto Beans  
Mexicali Vegetables  
Mandarin Oranges **12**

Cinnamon Roll  
Pepperoni Pizza  
Steamed Corn  
Broccoli Dippers  
Fresh Fruit **13**

Sausage Egg & Cheese Biscuit  
Chicken Strips  
Texas Toast  
Mashed Potatoes  
Green Beans  
Mandarin Oranges **14**

Breakfast Pizza  
Chili Cheese Dog  
Seasoned Fries  
Baby Carrots w/Ranch  
Applesauce **15**

Glazed Donut  
Chicken Smackers  
Whole Grain Roll  
Mashed Potatoes  
Steamed Broccoli  
Fresh Fruit **18**

Scrambled Eggs & Biscuit  
Chicken & Cheese Crispito  
Charro Beans  
Mexicali Corn  
Mandarin Oranges **19**

Dutch Waffle Funnel Cake  
Cheeseburger  
Seasoned Fries  
Burger Salad  
Baby Carrots w/Ranch  
Fresh Grapes **20**

Kolache  
Spaghetti & Meatballs  
Breadstick  
Romaine Salad  
Peas & Carrots  
Fresh Fruit **21**

Breakfast Pizza  
Baked Potato w/Fixings  
Green Beans  
Tomato Dippers  
Mixed Fruit  
Chocolate Chip Cookie **22**

French Toast Sticks  
Steakfingers w/Gravy  
Texas Toast  
Mashed Potatoes  
Mixed Vegetables  
Sliced Peaches **25**

Pancake & Sausage on a Stick  
Taco Salad  
Salsa/Lettuce/Tomato  
Refried Beans  
Cantaloupe **26**

Yogurt Parfait  
Stuffed Crust Pizza  
Golden Corn  
Broccoli Dippers  
Fresh Fruit **27**

Breakfast Quesadilla w/Salsa  
Chicken Sandwich  
Broccoli w/Cheese  
Tomato Dippers  
Applesauce **28**

# 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.

