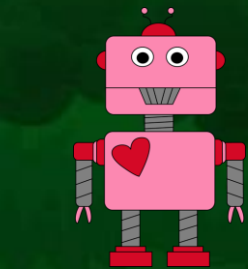


FEBRUARY

2019



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



Menu subject to change without notice.

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ART CONTEST BEGINS

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

GOOD EATS AT

Diboll Junior High and High School

Breakfast is FREE to all Diboll ISD students. Lunch is \$2.80 per meal at Junior High and High School.

SPECIAL ANNOUNCEMENTS

Daily Offerings:

Breakfast:
Cereal & Toast
Fresh Fruit or Fruit Juice
Variety of Milk

Lunch:
Basket Line
Sandwich tray
Chef Salad
Variety of Milk

French Toast Sticks
Beef & Cheese
Chimichanga
Charro Beans
Mexicali Vegetables
Fresh Fruit **4**

Pancake & Sausage on a Stick
Steakfingers w/Gravy
Texas Toast
Mashed Potatoes
Mixed Vegetables
Fresh Fruit **5**

Yogurt Parfait
Baked Potato w/Fixings
Green Beans
Garden Salad
Mandarin Oranges
Chocolate Chip Cookie **6**

Scrambled Eggs & Toast
Doritos®Top N Go®
Salsa/Lettuce/Tomato
Pinto Beans
Fresh Fruit **7**

Breakfast Pizza
Bosco Sticks
Marinara Dipping Sauce
Steamed Broccoli
Carrot Coins
Applesauce **8**

Muffin & Cheese Stick
Soft Tacos
Charro Beans
Mexicali Corn
Fresh Fruit **11**

Pancake & Sausage Link
Chicken Teriyaki
Steamed Rice
Stir Fry Vegetables
Tomato Dippers
Pineapple Tidbits **12**

Cinnamon Roll
Chicken Spaghetti
Breadstick
Green Beans
Garden Salad
Fresh Fruit **13**

Sausage Biscuit
Super Nachos
Salsa/Lettuce/Tomato
Refried Beans
Fresh Fruit **14**

Breakfast Pizza
Chicken Strips
Mashed Potatoes w/Gravy
Steamed Broccoli
Sliced Peaches
Chocolate Chip Cookie **15**

Glazed Donut
Enchiladas
Charro Beans
Mexicali Corn
Chilled Pineapple **18**

Scrambled Eggs & Biscuit
Spaghetti & Meatballs
Breadstick
Steamed Broccoli
Romaine Salad
Fresh Fruit **19**

Dutch Waffle Funnel Cake
Chicken Drumsticks
Texas Toast
Mashed Potatoes
Green Beans
Sliced Peaches **20**

Kolache
Taco Salad
Salsa/Lettuce/Tomato
Refried Beans
Fresh Fruit **21**

Breakfast Pizza
Chili Cheese Dog
Seasoned Fries
Baby Carrots w/Ranch
Mandarin Oranges **22**

French Toast Sticks
Chicken & Cheese Crispito
Charro Beans
Baby Carrots w/Ranch
Fresh Fruit **25**

Pancake & Sausage on a Stick
Four Meat Pizza
Steamed Corn
Garden Salad
Applesauce **26**

Yogurt Parfait
Chicken Fried Steak w/Gravy
Whole Grain Roll
Mashed Potatoes
Steamed Broccoli
Fresh Fruit **27**

Breakfast Quesadilla w/Salsa
Texas Chili Pie
Pinto Beans
Carrot Coins
Fresh Fruit **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.

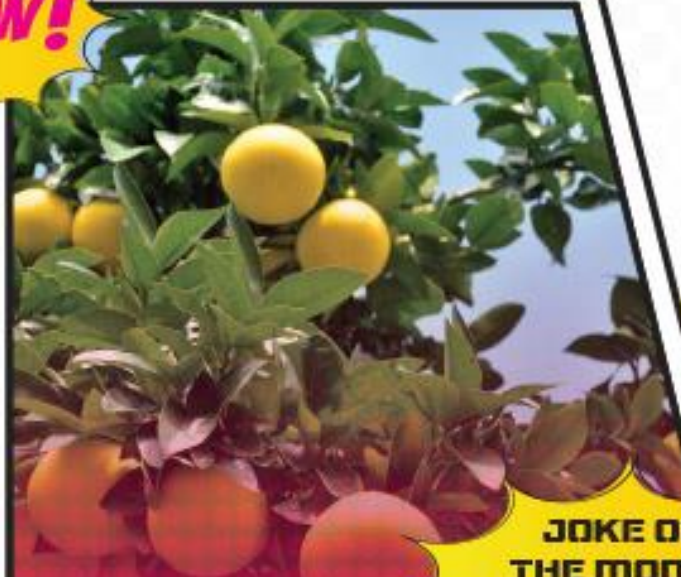


	_____		_____
	_____		_____
	_____		_____

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.

