



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

FEBRUARY

2019

**S.I.S.D
HEAD
START**

**GOOD
EATS AT**

M T W TH F

**ART
CONTEST
BEGINS**

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

Eggs & Toast

PIZZA

1

Donut Holes

**CHEF
SALAD**

4

Breakfast
Sandwich

**STEAK
FINGERS**

5

Cereal w/ WG
Cracker

**TURKEY
WRAP**

6

Sausage
Biscuit

**SPAGHETTI
w/ Meat Sauce**

Breakfast
Pizza

**Beef & Cheese
Nachos**

8

Pancake

**CHICKEN
NUGGETS**

11

Yogurt Parfait
w/Cinnamon
Toast

BEEF TACO

12

Mini Corndogs

**GRILL
CHEESE
SANDWICH**

13

Eggs & Toast

**CHICKEN
DRUMSTICK**

**NO
SCHOOL**

15

**BAD
WEATHER
DAY**

18

Cereal & WG
Crackers

**CHEESE-
BURGER**

19

Cinnamon Roll

**BEEF
ENCHILADA**

20

Cereal & WG
Crackers

**TANGERINE
CHICKEN**

21

Eggs, Biscuit &
Gravy

**TURKEY
SANDWICH**

Cereal & WG
Crackers

**POPCORN
CHICKEN**

25

Breakfast
Sandwich

**BREADED
CHEESE
STICKS**

26

French Toast
Sticks

**CHICKEN
FAJITA**

27

Sausage
Biscuit

**CHILI
CHEESE DOG**

28

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

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

Also Offered:
Turkey Sandwich or
Turkey Wrap



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.

