



FEBRUARY

2019

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

M

ART CONTEST BEGINS

T

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

W

TH

F

GOOD EATS AT

McAllen ISD Child Nutrition Services High School Lunch Menu

SPECIAL ANNOUNCEMENTS

Mini Corn Dogs
Hot Dogs
Veggie Nibbles
Carrot Sticks w/ Ranch
Assorted Fruit/Juice
4

Roasted Chicken w/
Dinner Roll
Chicken Fried Steak w/
Roll
Broccoli
Mashed Potatoes
Assorted Fruit/Juice
5

Cheese Enchiladas w/
Rice
Beef Tamales (4)
Refried Beans
Taco Salad
Assorted Fruit/Juice
6

Hamburger/
Cheeseburger
Chicken Fajita Wrap
Burger Salad
Curly Fries
Assorted Fruit/Juice
7

Personal Pizza
Cheese Pizza
Southwest Salad w/
Croutons
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/Juice
8

Chicken Burger
OR Hot Ham & Cheese
Sandwich
Veggie Nibbles
Tator Tots
Assorted Fruit/Juice
11

Chicken Fajita w/
Flour Tortillas (2)
Burrito w/ Cheese
Taco Salad
Mexicali Corn
Assorted Fruit/Juice
12

Carne Guisada w/
Rice & Tortilla
Chicken & Rice Bowl
Charro Beans
Taco Salad
Assorted Fruit/Juice
13

Hamburger/
Cheeseburger
Buffalo Chicken Wrap
Burger Salad
Curly Fries
Assorted Fruit/Juice
14

Personal Pizza
Cheese Sticks with
Marinara Sauce
Carrot Sticks w/ Ranch
Seasoned Cucumbers
Assorted Fruit/Juice
15

NO SCHOOL
18

Beef & Broccoli Rice
Bowl
Italian Meatball Hoagie
Carrot Coins
Golden Corn
Assorted Fruit/Juice
19

Chalupas with
Jalapenos
Frito Pie
Refried Beans
Taco Salad
Assorted Fruit/Juice
20

Hamburger/
Cheeseburger
Chili with Corn Bread
Burger Salad
Curly Fries
Assorted Fruit/Juice
21

Personal Pizza
Cheese Pizza
Southwest Salad w/
Croutons
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/Juice
22

Mini Corn Dogs
Hot Dogs
Veggie Nibbles
Carrot Sticks w/ Ranch
Assorted Fruit/Juice
25

Roasted Chicken w/
Dinner Roll
Chicken Fried Steak w/
Roll
Broccoli
Mashed Potatoes
Assorted Fruit/Juice
26

Cheese Enchiladas w/
Rice
Beef Tamales (4)
Refried Beans
Taco Salad
Assorted Fruit/Juice
27

Hamburger/
Cheeseburger
Chicken Fajita Wrap
Burger Salad
Curly Fries
Assorted Fruit/Juice
28

***Additional menu choices offered daily as part of reimbursable meal program:**

Pizza every day
M/W/F: Ham & Cheese Sandwich with Soup and T/TH: Peanut butter and jelly sandwich with Chips.

*** Flavored and unflavored skim milk offered at each meal service**

Menu subject to change.



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.

- Cherry Fruit
- French Toast Bites
- Breakfast Taco
- Morning Sausage Roll
- Mini Corn Dogs
- Burrrito
- Chicken Burger
- Veggie Blend
- Golden Corn Assorted Juice
- Curly Fries
- Beef Tamales
- Refried Beans
- Assorted Juice

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: He kept peeling out.

