

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**

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**GOOD
EATS AT**

Siebert
Elementary
Lunch

**SPECIAL
ANNOUNCEMENTS**

A milk variety and water is available with each meal.
* This Institution is an equal opportunity provider.

Country Fried Steak Fingers with Gravy or Maverick Meatloaf Mashed Potatoes, Fried Okra, Rolls and Strawberry **4**

Meat & Cheese Chalupas, Enchiladas, Salsa, Refried Beans, Zesty Cucumber Cups and Rosy Applesauce **5**

Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger Sweet Potato Fries, Steamed Broccoli, Mixed Fruit Cup and Crispy Cereal Treat **6**

Domino's Pizza Chicken Spaghetti with Bread Stick, Garden Salad, Glazed Carrots, Apple Slices, **7**

Maverick Pizza or Ham and Cheese Melt, Glazed Carrots, Crunchy Broccoli Salad, Fresh Seasonal Fruit, and a Brownie **1**

Fish Sticks with Mac-N-Cheese, BBQ on a Bun, Cauliflower Cups Savory Green Beans, Orange Smiles **8**

Texas Basket, Hamburger/Cheese Burger, Oven Fries, Fresh Veggie Cups, and Mixed Fruit Cups **11**

Tex-Mex Stack, or Chicken Fajitas, Charro Beans, Tiny Tomato Cups, Salsa peaches and a Cookie **12**

Chicken Alfredo with Bread Stick, Pizza Pockets Tuscan Vegetables, a Garden Salad and Hot Cinnamon Apple **13**

Ranchero Wrap, Country Pot Pie, Steamed Broccoli, Fresh Veggie cups, Snowball Salad **14**

Maverick Chicken Bowl, Breaded Pork Chop, Mashed Potatoes and Gravy, Savory Green Beans, Fresh Apples **15**

**No School
for Students**
18

Meatball Sub Sandwich, Chili Cheese Combo, Tater Tots, Fresh Veggie cup, Mixed Fruit Cups **19**

Chicken Nuggets with Mac N Cheese or Asian Bowl Savory Green Beans, a Garden Salad, and Fruity Gelatin **20**

Domino's Pizza, Fiesta Bowl, Seasoned Corn, Tiny Tomato Cups, and Fruity Gelatin **21**

Hamburger/ Cheese burger, or Frito Pie Glazed Carrots, Cucumber Slices, Cinnamon Applesauce, and a Cookie **22**

Steak fingers with gravy Roast Beef Sandwich Mashed potatoes Carrots & Steak Roll Strawberries and bananas **25**

Spaghetti & bread stick Deep Dish Pizza Garden Salad California blend veggies Fruit cup Chocolate/ vanilla Pudding **26**

Boneless Chicken Wings Texas chili with cornbread Celery sticks Carrots Orange Smiles Brownies **27**

Mexican Combo Plate Chicken Quesadilla Seasoned Corn Refried Beans Homemade Salsa Fresh Seasonal Fruit **28**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t y i
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.

