

FEBRUARY

2019



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

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ART CONTEST BEGINS

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

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Maverick Pizza, Ham and Cheese Melt, with cup of Soup or Cheese Burger, Multi Grain Chips, Broccoli Salad, Green Beans, Fresh Seasonal Fruit, and a Brownie

GOOD EATS AT

Secondary Lunch

Country Fried Steak with Gravy, Maverick Meatloaf or Chicken Burgers, Mashed Potatoes, Fried Okra, Strawberries & Roll **4**

Meat & Cheese Chalupas, Enchiladas or Individual Pizza Spanish Rice, Refried Beans, Salsa, and Rosy Applesauce **5**

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

Chicken Spaghetti with Bread Stick, Maverick Pizza, Hamburger/ Cheese Burger, Glazed Carrots, Apple Slices, **7**

Fish Sticks with Mac-N-Cheese, BBQ on a Bun, or Cheese Pizza, Coleslaw, Savory Green Beans, Orange Smiles **8**

SPECIAL ANNOUNCEMENTS

Texas Basket Hamburger/Cheese Burger, Chicken Burger Oven Fries Mixed Fruit cup **11**

Domino's Pizza, Chicken Alfredo, with Breadstick Hamburger/Cheese Burger Tuscan Vegetables Hot Cinnamon Apples **12**

Tex-Mex Stack, Chicken Fajitas, Chicken Burger, Spanish Rice and Charro Beans, Salsa Peaches and Cookie **13**

Sausage Wrap, Country Pot Pie, Hamburger/Cheese Burger, Steamed Broccoli, Snowball Salad **14**

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

A Salad Entree is also available as a meal option each day. There is always a salad bar to choose as a vegetable option, and a milk variety and water is available with each meal. * This Institution is an equal opportunity provider.

No School for Students **18**

Meatball Sub Sandwich, Chili Cheese Combo, Maverick Pizza, Tater Tots, Mixed Fruit Cups **19**

Chicken Nuggets with Mac N Cheese, Orange Chicken or Hamburger/Cheese Burger, Savory Green Beans, Strawberries **20**

Maverick Pizza, Fiesta Bowl, or Chicken Burger, Seasoned Corn, Fruity Gelatin **21**

Hamburger/ Cheese burger, Maverick Pizza, Frito Pie Glazed Carrots, Cinnamon Applesauce, and a Cookie **22**

Steak fingers with Gravy & Roll, Philly Cheese Steak Cheeseburgers, Mashed Potatoes, Carrots, Strawberries & Bananas **25**

Spaghetti Bowl with bread stick, Domino's Pizza Chicken Sandwich California blend veggies Fruit cup Chocolate/ vanilla pudding **26**

Boneless Chicken Wings Texas chili with cornbread Cheese Burger, Oranges Brownies **27**

Mexican combo plate Chicken quesadilla Individual Pizza Street Corn, Pinto Beans, Salsa Fresh Fruit **28**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i g
This product was funded by USDA.
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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.

