



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

FEBRUARY

2019

**GOOD
EATS AT**

*McAllen ISD
Child Nutrition
Services
High School
Breakfast Menu*

**SPECIAL
ANNOUNCEMENTS**

***Breakfast is offered daily in the hallways for quick service to students.**

*** 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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This institution is an equal opportunity provider.

M

**ART
CONTEST
BEGINS**

T

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

W

TH

F

Pancake on a Stick
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **4**

Potato, Egg, & Cheese
Taco
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **5**

French Toast Bites
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **6**

M Taco
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **7**

PB Jamwich
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **8**

Honey Bun
Banana Chocolate Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **11**

Barbacoa Taco
Banana Chocolate Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **12**

Concha
Banana Chocolate Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **13**

M Taco
Banana Chocolate Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **14**

Sausage Biscuit
Banana Chocolate Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **15**

**NO
SCHOOL**
18

Bean & Chorizo Taco
PB Jamwich
Assorted Cereal w/
Graham Crackers
Juice/Fruit
Assorted Fruit/Juice **19**

Morning Sausage Roll
PB Jamwich
Assorted Cereal w/
Graham Crackers
Juice/Fruit **20**

M Taco
PB Jamwich
Assorted Cereal w/
Graham Crackers
Juice/Fruit **21**

Marranito
PB Jamwich
Assorted Cereal w/
Graham Crackers
Juice/Fruit **22**

Pancake on a Stick
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **25**

Potato, Egg, & Cheese
Taco
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **26**

French Toast Bites
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **27**

M Taco
Chia Bar
Assorted Cereal w/
Graham Crackers
Juice/Fruit **28**

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
- Curly Fries
- Assorted Juice
- 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.

