

# FEBRUARY

2019



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

**M**

**T**

**W**

**TH**

**F**

**ART  
CONTEST  
BEGINS**

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

**GOOD  
EATS AT**

La Joya ISD  
Child Nutrition Services  
**ELEMENTARY Grade  
Pre-Kinder**  
Menu is subject to  
change due to  
availability

**SPECIAL  
ANNOUNCEMENTS**

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored) **4**

French Toast Sticks  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Chicken Strips  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **5**

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Picadillo con Papas  
Corn Tortillas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored) **6**

Breakfast Pizza  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Boneless Wings  
Broccoli  
Fruit  
1% Milk/Skim Milk (Unflavored) **7**

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Pepperoni Pizza  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **8**

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored) **11**

Mini Pancakes  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Chicken Nuggets  
Broccoli  
Fruit  
1% Milk/Skim Milk (Unflavored) **12**

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Nacho Scoops  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored) **13**

Kolache  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Salisbury Steak  
Brown Gravy  
Garden Salad  
Dinner Roll  
Fruit  
1% Milk/Skim Milk (Unflavored) **14**

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Pepperoni Pizza  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **15**

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored) **18**

Breakfast Bagel  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Popcorn Chicken  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **19**

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Enchiladas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored) **20**

Tamales  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Pepperoni Pizza  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **21**

**INSERVICE  
NO SCHOOL** **22**

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored) **25**

French Toast Sticks  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Chicken Strips  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored) **26**

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Picadillo con Papas  
Corn Tortillas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored) **27**

Breakfast Pizza  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Boneless Wings  
Broccoli  
Fruit  
1% Milk/Skim Milk (Unflavored) **28**

La Joya ISD Child Nutrition Services  
\*Breakfast is served with:  
Fruit juice or fresh fruit/fat free or low fat milk/Unflavored  
\*Lunch is served with:  
Fresh fruit or canned fruit/fat free or low fat milk /Unflavored  
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Menu is subject to change due to availability.



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.

### 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.

**POW!**



### JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: It kept peeling out.

### 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.



	_____		_____
	_____		_____
	_____		_____