

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 4TH
squaremeals.org/artcontest

Uncrustable
-
Hamburger
Smiley Fries
Burger Salad
4

French Toast Sticks
-
Meatball Sub
Garden Salad
Baby Carrots
5

Assorted Cereal w/Cracker
-
Picadillo con Papas
Queso Blanco
Spanish Rice
Charro Beans
Garden Salad
6

Breakfast Pizza
-
Boneless Wings
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
7

Breakfast Taco
-
Pepperoni Pizza
Baby Carrots
Garden Salad
Green Beans
1

Uncrustable
-
Hamburger
Smiley Fries
Burger Salad
11

Mini Pancakes
-
Chicken Nuggets
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
12

Assorted Cereal w/Cracker
-
Nacho Scoops
Queso Blanco
Spanish Rice
Charro Beans
Garden Salad
13

Kolache
-
Salisbury Steak
Brown Gravy
Dinner Roll
Cracker
Garden Salad
Golden Corn
14

Breakfast Biscuit
-
Pepperoni Pizza
Baby Carrots
Garden Salad
Green Beans
8

Uncrustable
-
Hamburger
Smiley Fries
Burger Salad
18

Breakfast Bagel
-
Popcorn Chicken
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
19

Assorted Cereal w/Cracker
-
Enchiladas
Spanish Rice
Charro Beans
Garden Salad
20

Tamales
-
Pepperoni Pizza
Baby Carrots
Garden Salad
Green Beans
21

**INSERVICE
NO SCHOOL**
22

Uncrustable
-
Hamburger
Smiley Fries
Burger Salad
25

French Toast Sticks
-
Meatball Sub
Garden Salad
Baby Carrots
26

Assorted Cereal w/Cracker
-
Picadillo con Papas
Queso Blanco
Spanish Rice
Charro Beans
Garden Salad
27

Breakfast Pizza
-
Boneless Wings
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
28

GOOD EATS AT

La Joya ISD
Child Nutrition Services
ELEMENTARY Grade
K-5
Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

La Joya ISD Child Nutrition Services
*Breakfast is served daily with choices of:
Fruit juice, fresh fruit, fat free and low fat milk.
*Lunch is served daily with choices of:
Fresh fruit, canned fruit, fat free and low fat milk.
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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.
Menu is subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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RUBY RED BEAM

Grapefruit

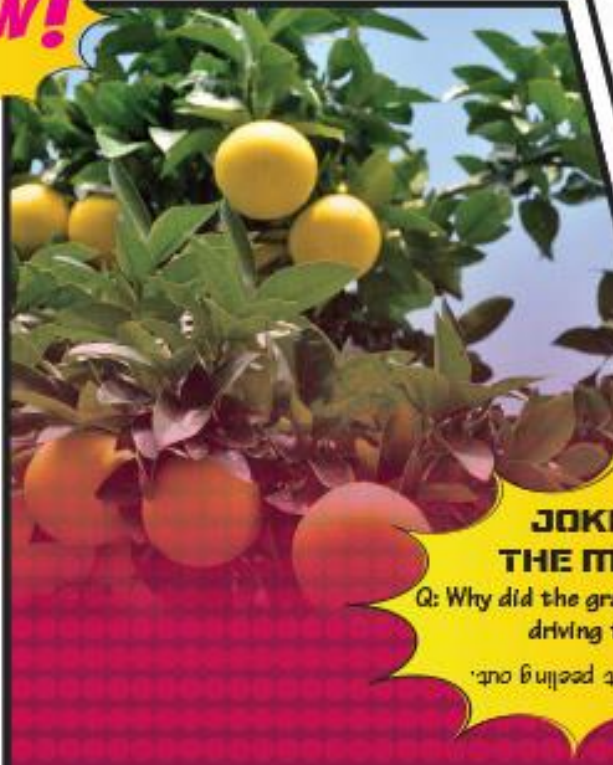
One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree 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.



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.

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.



	_____		_____
	_____		_____
	_____		_____