

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

GOOD EATS AT

La Joya ISD
Child Nutrition Services
MIDDLE SCHOOL Grade 6-8
Menu is subject to change due to availability

SPECIAL ANNOUNCEMENTS

Uncrustable
-
Cheeseburger Seasoned Wedges
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
-
Sriracha Boneless Wings
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
7

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

Uncrustable
-
Cheeseburger Tater Tots
Burger Salad
11

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

Assorted Cereal w/Cracker
-
Nacho Scoops
Cheese Sauce
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
15

Uncrustable
-
Cheeseburger Waffle Fries
Burger Salad
18

Breakfast Bagel
-
Chicken Basket
Queso Blanco
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
-
Cheeseburger Seasoned Wedges
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 Bagel
-
Sriracha Boneless Wings
Cheese Sauce
Dinner Roll
Garden Salad
Broccoli
28

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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Menu is subject to change due to availability.

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.

