

FEBRUARY

2019



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

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**ART
CONTEST
BEGINS**

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

**GOOD
EATS AT**

**McAllen ISD
Child Nutrition
Services
K-5 Menu**

**SPECIAL
ANNOUNCEMENTS**

Concha
Juice/Fruit
Mini Corn Dogs OR
Hot Dog
Veggie Nibbles Blend
Carrot Sticks w/ Ranch
Assorted Fruit/ Juice

French Toast Bites
Juice/Fruit
Chicken Fajita Taco OR
Burrito w/ Cheese
Golden Corn
Taco Salad
Assorted Fruit/Juice⁵

Breakfast Taco
Juice/Fruit
Hamburger/Cheeseburger
OR Chicken Burger
Curly Fries
Burger Salad
Assorted Fruit/Juice⁶

Morning Sausage Roll
Juice/Fruit
Cheese Enchiladas OR
Beef Tamales
Refried Beans
Taco Salad
Assorted Fruit/ Juice⁷

Banana Choc Bar
Juice/Fruit
Pizza OR Fish w/ Mac &
Cheese
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice¹

Banana Choc Bar
Juice/Fruit
Pizza OR Chicken
Nuggets
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice⁸

Pancake Stick
Juice/Fruit
Hot Ham & Cheese OR
Hot Dog
Veggie Nibbles Blend
Tator Tots
Assorted Fruit/ Juice¹¹

Mini Pancakes
Juice/Fruit
Carne Guisada OR
Tamales
Refried Beans
Taco Salad
Morning Sausage Roll
Assorted Fruit/ Juice¹²

Honey Bun
Juice/Fruit
Hamburger/Cheeseburger
OR Burrito
Curly Fries
Burger Salad
Assorted Fruit/ Juice¹³

Sausage Biscuit
Juice/Fruit
Roasted Chicken OR
Chicken Fried Steak
Mashed Potatoes
Broccoli w/ Cheese
Assorted Fruit/ Juice¹⁴

Banana Choc Bar
Juice/Fruit
Pizza OR Fish w/ Mac &
Cheese
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice¹⁵

**NO
SCHOOL**

18

Chalupas OR Frito Pie
Refried Beans
Taco Salad
Assorted Fruit/Juice

19

Hamburger/Cheeseburger
OR Burrito
Curly Fries
Burger Salad
Assorted Fruit/Juice

20

Spaghetti w/ Meat
Sauce OR Cheese Sticks
Corn on the Cob
Seasoned Cucumbers
Assorted Fruit/ Juice

21

Banana Choc Bar
Juice/Fruit
Pizza OR Fish w/ Mac &
Cheese
Carrot Sticks w/ Ranch
Spring Mix Salad
Assorted Fruit/ Juice

22

25

26

27

28

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers.
* Ham & Cheese Sandwich offered as a third choice at lunch
* Flavored and unflavored skim milk offered at each meal service

Menus subject to change



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 in the jungle. Ruby Red Beam was the first grapefruit to glow inside causing the other grapefruit on the tree to begin to glow inside causing the grapefruit to fill with energy and come alive. Ruby Red Beam explained 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.

- Conchitas
- French Toast Bites
- Breakfast Taco
- Juice/Fruit
- Juice/Fruit
- Juice/Fruit
- Mini Corn Dogs OR
- Chicken Quesadilla OR
- Hamburger
- Hot Dog
- Bun with Cheese OR
- Chicken Burger
- Veggie Nibbles Blend
- Golden Corn
- Curly Fries
- Carrot Sticks w/ Ranch
- Taco Salad
- Crisp Salad
- Veggie Blend
- Assorted Fruit Juice
- Assorted Fruit 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: It kept peeling out.

