



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

# FEBRUARY

2019

**GOOD  
EATS AT**

*McAllen ISD  
Child Nutrition  
Services  
K-5 Menu*

**SPECIAL  
ANNOUNCEMENTS**

**M**

**T**

**W**

**TH**

**F**

**ART  
CONTEST  
BEGINS**

**"You ART what You Eat"  
Art Contest  
STARTS FEBRUARY 4<sup>TH</sup>  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)**

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

French Toast Bites Juice/Fruit  
Baked Chicken w/ Tortilla OR Burrito w/ Cheese  
Golden Corn  
Taco Salad  
Assorted Fruit/ Juice <sup>5</sup>

Breakfast Taco Juice/Fruit  
Hamburger/Cheeseburger OR Chicken Burger  
Curly Fries  
Burger Salad  
Assorted Fruit/ Juice <sup>6</sup>

Morning Sausage Roll Juice/Fruit  
Cheese Enchiladas OR Beef Tamales  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>7</sup>

Banana Choc Bar Juice/Fruit  
Pizza OR Fish w/ Mac & Cheese  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>8</sup>

Pancake Stick Juice/Fruit  
Hot Ham & Cheese OR Hot Dog  
Veggie Nibbles Blend  
Tator Tots  
Assorted Fruit/ Juice <sup>11</sup>

Mini Pancakes Juice/Fruit  
Carne Guisada OR Tamales  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>12</sup>

Honey Bun Juice/Fruit  
Hamburger/Cheeseburger OR Burrito  
Curly Fries  
Burger Salad  
Assorted Fruit/ Juice <sup>13</sup>

Sausage Biscuit Juice/Fruit  
Roasted Chicken OR Chicken Fried Steak  
Mashed Potatoes  
Broccoli w/ Cheese  
Assorted Fruit/ Juice <sup>14</sup>

Banana Choc Bar Juice/Fruit  
Pizza OR Fish w/ Mac & Cheese  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>15</sup>

**NO  
SCHOOL** <sup>18</sup>

Morning Sausage Roll Juice/Fruit  
Chalupas OR Frito Pie  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>19</sup>

Breakfast Taco Juice/Fruit  
Hamburger/Cheeseburger OR Burrito  
Curly Fries  
Burger Salad  
Assorted Fruit/ Juice <sup>20</sup>

Marranito Juice/Fruit  
Spaghetti w/ Meat Sauce OR Cheese Sticks  
Corn on the Cob  
Seasoned Cucumbers  
Assorted Fruit/ Juice <sup>21</sup>

Banana Choc Bar Juice/Fruit  
Pizza OR Fish w/ Mac & Cheese  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>22</sup>

Concha Juice/Fruit  
Mini Corn Dogs OR Hot Dog  
Veggie Nibbles Blend  
Carrot Sticks w/ Ranch  
Assorted Fruit/ Juice <sup>25</sup>

French Toast Bites Juice/Fruit  
Baked Chicken w/ Tortilla OR Burrito w/ Cheese  
Golden Corn  
Taco Salad  
Assorted Fruit/ Juice <sup>26</sup>

Breakfast Taco Juice/Fruit  
Hamburger/Cheeseburger OR Chicken Burger  
Curly Fries  
Burger Salad  
Assorted Fruit/ Juice <sup>27</sup>

Morning Sausage Roll Juice/Fruit  
Cheese Enchiladas OR Beef Tamales  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>28</sup>

\* 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. 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!**



### 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.



	_____		_____
	_____		_____
	_____		_____

### JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: It kept peeling out.