

FE B R U A R Y

2019



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ART

CONTEST
BEGINS

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F

GOOD
EATS AT

You ART What You Eat!
Art Contest
squaremalls.org/faircontest

La Vernia...
Primary &
Intermediate
Campus

SPECIAL ANNOUNCEMENTS

SECOND MEAL
CHOICES.....
Monday –
PBJ MEAL

TUESDAY –
BAKED
POTATO
MEAL

WEDNESDAY –
CHEF SALAD
MEAL

THURSDAY –
YOGURT
MEAL

FRIDAY –
PBJ MEAL

Cereal/Yogurt or Breakfast
Pizza

Corn Dogs
Baked Beans
Fries
Mandarin Oranges

Hamburger or
Cheeseburger, Potato
Smiles, Tomato, Lettuce,
Pickles, Applesauce,
Pudding

Chicken Patty on Bun
Tomato, Lettuce, Pickles
Baked Beans, Oranges

Hot Dogs
Corn, Fries, Cantaloupe
Mini Rice Krispie Treat

Popcorn Chicken, Roll
Steamed Broccoli
Mashed Potatoes
Green Apple

Mac & Cheese w/Ham
Animal Crackers, Sweet
Potato Fries, Chili
Beans, Diced Pears

Grilled Cheese
Fries, Corn, Red Apples
SLUSHIE

Cheese Stick or
French Toast Sticks
Tart

Hamburger or
Cheeseburger, Potato
Smiles, Tomato, Lettuce,
Pickles, Applesauce

Muffins or
Eggs w/ Sausage Patty
Pizza
Garden Salad
Green beans
Fruit Crisp

Cereal/Cheese Stick or
Sausage, Biscuit, Gravy
Personal Pan Pizza
Baby Carrots w/Ranch
Green Peas, Grapes

Cereal/Yogurt or
Breakfast
Pizza
Spaghetti w/ Meat Sauce
Bread, Green Beans,
Cucumbers w/Ranch
Watermelon, Raisels

Popcorn Chicken, Roll
Mashed Sweet Potatoes
Fresh Broccoli w/Ranch
Diced Peaches

Hot Dogs
Corn, Fries, Cantaloupe
Mini Rice Krispie Treat

Chicken Strips, Roll,
Mashed Potatoes/Gravy
Cooked Carrots,
Pineapple

Mac & Cheese w/Ham
Animal Crackers, Sweet
Potato Fries, Chili
Beans, Diced Pears

Grilled Cheese
Fries, Corn, Red Apples
SLUSHIE

Cheese Stick or
French Toast Sticks
Tart

Hamburger or
Cheeseburger, Potato
Smiles, Tomato, Lettuce,
Pickles, Applesauce

Muffins or
Eggs w/ Sausage Patty
Pizza
Garden Salad
Green beans
Fruit Crisp

Cereal/Cheese Stick or
Sausage, Biscuit, Gravy
Personal Pan Pizza
Baby Carrots w/Ranch
Green Peas, Grapes

Cooked Spinach
Baby Carrots w/Ranch
Mixed Fruit

Nachos, Celery Sticks
w/Ranch, Pinto Beans,
Strawberries

Popcorn Chicken, Roll
Mashed Sweet Potatoes
Fresh Broccoli w/Ranch
Diced Peaches

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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.

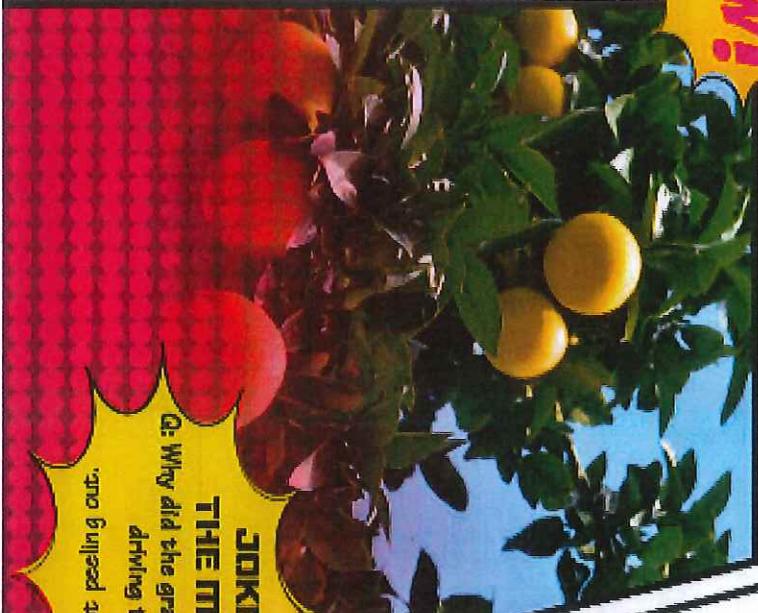
Pow!



JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

Source: Texas A&M and AgriLife Extension



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 pomelo.

RUBY RED BEAM'S FAVORITE ACTIVITIES

HOW MANY?

Count the correct number of each fruit or vegetable below.

