

FEBRUARY

2019



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

ART CONTEST BEGINS
"You ART What You Eat"
Art Contest
STARTS FEBRUARY 4TH
squaremeals.org/artcontest

GOOD EATS AT

La Vernia...
Primary & Intermediate Campus

SPECIAL ANNOUNCEMENTS

Breakfast Meal Prices:
Student Full Price \$1.75
Reduced - \$0.30
Adult - \$2.25
Lunch Meal Prices:
Student Full Price \$2.35
Reduced - \$0.40
Adult - \$3.50
Prices are subject to change
EXTRAS
Hot Breakfast Entrée - \$1.35
Cold Breakfast Entrée - \$1.00
Hot Lunch Entrée - \$1.75
Fruit / Veggie - \$0.75
Snacks Milk Bread - \$0.60 to \$1.00
Large Bottled Drink - \$1.00
Small Bottled Water - \$0.35
Extras are available on a first come first serve basis



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was provided by USDA.
This information is an equal opportunity provider.

F

TH

W

T

M

Muffins or Eggs w/ Sausage Patty
Pizza
Garden Salad
Green beans
Fruit Crisp **1**

Cereal/Cheese stick or Sausage, Biscuits, Gravy
Personal Pan Pizza
Baby Carrots w/ Ranch
Green Peas, Grapes **8**

Cereal/Cheese Stick or Cinnamon Rolls
Pizza
Cooked Spinach
Baby Carrots w/ Ranch
Mixed Fruit **15**

Muffins or Eggs w/ Sausage Patty
Pizza
Garden Salad
Green beans
Fruit Crisp **22**

Cereal/Yogurt or Breakfast Pizza
Spaghetti w/ Meat Sauce
Bread, Green Beans,
Cucumbers w/ Ranch
Watermelon, Raisels **7**

Cereal/Yogurt or Breakfast Pizza
Nachos, Celery Sticks
w/ Ranch, Pinto Beans,
Strawberries **14**

Cereal/Yogurt or Breakfast Pizza
Bean & Cheese Taco,
Pinto
Beans, Lettuce/Tomato,
Banana **21**

Cereal/Yogurt or Breakfast Pizza
Spaghetti w/ Meat Sauce
Bread, Green Beans,
Cucumbers w/ Ranch
Watermelon, Raisels **28**

Cereal/Cheese Stick or Bean & Cheese Taco
Chicken Nuggets, Roll
Steamed Broccoli
Mashed Potatoes
Green Apple **6**

Cereal/Cheese Stick or Bacon/Egg/Cheese Taco
Popcorn, Chicken, Roll
Mashed Sweet Potatoes
Fresh Broccoli w/ Ranch
Diced Peaches **13**

Cereal/Cheese Stick or Mint Waffles
Chicken Strips, Roll,
Mashed Potatoes/Gravy
Cooked Carrots,
Pineapple **20**

Cereal/Cheese Stick or Bean & Cheese Taco
Chicken Nuggets, Roll
Steamed Broccoli
Mashed Potatoes
Green Apple **27**

Cereal/Yogurt or Breakfast Pizza
Corn Dogs
Baked Beans
Fries
Mandarin Oranges **5**

Cereal/Yogurt or Breakfast Pizza
Hot Dogs
Corn, Fries, Cantaloupe
Mini Rice Krispie Treat **12**

Cereal/Yogurt or Breakfast Pizza
Mac & Cheese w/ Ham
Animal Crackers, Sweet
Potato Fries, Chili
Beans, Diced Pears **19**

Cereal/Yogurt or Breakfast Pizza
Corn Dogs
Baked Beans
Fries
Mandarin Oranges **26**

Cereal/Cheese Stick or Pop Tart
Hamburger or
Cheeseburger, Potato
Smiles, Tomato, Lettuce,
Pickles, Applesauce,
Pudding **4**

Cereal/Cheese Stick or Pancake on Stick
Chicken Patty on Bun
Tomato, Lettuce, Pickles
Baked Beans, Oranges **11**

Cereal/Cheese Stick or French Toast Stick
Grilled Cheese
Fries, Corn, Red Apples
SLUSHIE **18**

Cereal/Cheese Stick or Pop Tart
Hamburger or
Cheeseburger, Potato
Smiles, Tomato, Lettuce,
Pickles, Applesauce **25**

SECOND MEAL CHOICES.....

Monday - PBJ MEAL

TUESDAY - BAKED POTATO MEAL

WEDNESDAY - CHEF SALAD MEAL

THURSDAY - YOGURT MEAL

FRIDAY - PBJ MEAL

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 sucking young leaves by chewing holes in them and leaving them severely damaged.



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. 62) 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 fall his driving test?
 A: He slipped down it!

