



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

FEBRUARY

2019

**GOOD
EATS AT**

**K-12TH
BREAKFAST
ONLY**

**SPECIAL
ANNOUNCEMENTS**

We offer a well-balanced meal to all students. Students must pick up (3) of the items offered to make a complete meal. We encourage them to pick up all items offered. We offer fresh fruit and Milk n Juice, daily..

M T W TH F

**ART
CONTEST
BEGINS**

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

Fruit Frudels
Or
Cereal Toast
Fruit
Jelly
Milk n Juice **4**

Fiesta Omelet
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **5**

Biscuit n gravy
Sausage Link
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **6**

Honey Buns
Gogurt
Or
Cereal n Toast
Fruit
Jelly
Milk n Juice **7**

Sausage Biscuit
Or
Cereal Toast
Fruit
Jelly
Milk n Juice **1**

Sausage Roll
Cheese Stick
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **8**

French Toast w/syrup
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **11**

Egg Frittata
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **12**

Biscuit n gravy
Sausage Patty
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **13**

Donuts
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **14**

Bacon Biscuit
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **15**

Pancakes w/syrup
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **18**

Egg-stravaganza
Toast
Or
Cereal toast
Fruit
Jelly
Milk n Juice **19**

**STUDENT OUT
OF SCHOOL** **20**

Breakfast Pizza
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **21**

Sausage egg cheese
Croissants
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **22**

Maples Bars
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **25**

Egg Burrito
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **26**

Biscuit n gravy
Sausage Link
Or
Cereal n toast
Fruit
Jelly **27**

Muffins
Yogurt
Or
Cereal n toast
Fruit
Jelly
Milk n Juice **28**

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.

