



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

FEBRUARY

2019

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ART CONTEST BEGINS

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

Hamburgers
Baked Tots, Ketchup
Lettuce, Tomatoes, Pickles
Fresh Fruit, Cookies
Mayo, Mustard **1**

Corn Dogs
Baked Fries
Pork n Beans
Mixed Fruit
Mustard, ketchup **4**

Crispito's w/ cheese sauce
Refried Beans
Spanish Rice
Strawberry Applesauce **5**

Fall Casserole
Mashed Potatoes
Green Beans
WG Roll
Baked Apple **6**

Chicken Nuggets
Baked Tots
Pea Salad
WG Bread
Peaches
HM, BBQ, Ketchup **7**

Pizza
Sweet Corn
Mixed Salad ranch
Fresh fruit
Pudding **8**

Hot Ham n Cheese Sandwiches
Baked Fries
Pork n Beans
Applesauce **11**

Chicken Taco Soup
Tuesday
Baked Chips
Carrot dippers
Pineapples **12**

Steak Fingers, gravy
Mashed Potatoes
Green Beans
WG Roll
Pears **13**

Chicken Strips
Baked Tots
Purple-hull Peas
WG Bread
Gravy
Strawberries **14**

Pizza
Sweet Corn
Mixed Salad ranch
Fresh fruit
Cookies **15**

Grilled Cheese Sandwiches
Tomato Soup
Veggie Dippers w/ranch
Peaches **18**

Beef Nachos
Fiesta Beans
Spanish Rice
Salsa
Mixed Fruit **19**

STUDENT OUT OF SCHOOL **20**

Sweet n Sour Chicken
Rice
Steamed Broccoli
Egg Roll
Pineapples **21**

Cheeseburgers
Baked Tots
Lettuce, tomatoes
Fresh Fruit
Jello
Mayo, Mustard, ketchup **22**

Chili Frito Pie
Baked Tots
Veggie Dippers w/ranch
Mandarin Oranges **25**

Tamales
Pinto Beans
Mexican Corn Chips
Pineapples **26**

Chicken Alfredo
Green Beans
Mixed Salad w/ranch
Baked Apples **27**

Chicken Smackers
Mashed Potatoes
Green Peas
WG Bread
Peaches
Gravy **28**

GOOD EATS AT

JH & HS LUNCH MENU ONLY

DON'T FORGET VALENTINES DAY!! FEB. 14TH Early release on the 22nd...

SPECIAL ANNOUNCEMENTS

All menus are served with a Milk variety.
All students are served a well balance meal. Each student must pick up at least (3) of the (5) items offered to make a complete meal. We encourage to pick up all items offered. JH & HS has the option of a **"Chef Salad"**.

Menus are subject to change due to availability



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.



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.

