

APRIL



Special Announcements

Brock High school lunch
Students' meal prices:

Breakfast \$2.00 reduced \$.30
lunch \$ 3.00 reduced \$.40



Monday

Tuesday

Wednesday

Thursday

Friday

3 Salisbury steak
mashed potatoes
glazed carrots
roll
fruit

4 Pizza
green beans
mix veggies
blueberries

5 Mexican lasagna
Spanish rice
tossed salad
peach crisp

6 Chicken Alfredo
garlic toast
steamed broccoli
mix fruit

7 Grilled cheese sandwich
chips
veggie sticks/w ranch
fresh fruit

10 Steak fingers
mashed potatoes
green peas
roll
fruit

11 Spaghetti w/meatballs
garden salad
mix veggies
fruit

12 Chicken quesadillas
Spanish rice
tossed salad
fruit

13 Turkey & cheese sub
chips
salad cup
fruit

14 No School

17 Chicken tenders
mashed potatoes
steamed broccoli
roll
fruit

18 Corn dog
mac & cheese
bean salad
fruit

19 Bean & cheese burritos
Spanish rice
tossed salad
fruit

20 Pizza
sweet peas
garden salad
fruit

21 Breaded chicken
sandwich
salad cup
chips
fruit

24 Salisbury steak
mashed potatoes
green beans
roll
fruit

25 Lasagna rolls
garden salad
mix veggies
fruit

26 Chicken enchiladas
Spanish rice
refried beans
fruit

27 Chili dog
chips
pickle spears
fruit

28 No school



ANNUAL STUDENT ART CONTEST CONTINUES!
SEND US YOUR MOST CREATIVE
DRAWINGS AND CREATIONS!
VISIT SQUAREMEALS.ORG/ARTCONTEST FOR MORE DETAILS.

Good Eats At:

Beets

Listen to the Beet! Beets are another root vegetable with dark green leaves. The most common beets are red, but they also come in white, yellow, and even striped colors! Beets grow well during spring and fall because they like cool temperatures. They are great for small gardens because they do not need a lot of space to grow.

In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

Potassium: Beets are rich in potassium, which helps your muscles and heart stay healthy.

Growing Regions: High Plains, Rio Grande Valley and Winter Garden

Pomegranates

A pomegranate is a larger fruit about the size of a grapefruit and is similar in color to a red apple. The word pomegranate comes from French and Latin words that when read together mean "apple with many seeds." Every pomegranate is filled with hundreds of edible seeds surrounded by covers called arils. The seeds and arils are the edible parts of the fruit and can be red, pink, purplish, or white.



Pomegranate plants can be shrubs or small trees, and once planted take three to four year to start producing fruit. Once the plant matures it can start producing upwards of 200 pomegranates annually.

Growing Regions: East Texas, Rio Grande Valley and Winter Garden

Visit: SquareMeals.org/SeasonalityWheel

MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

Did You Know?

According to the Guinness World Records the heaviest beet in the world...

23 5 9 7 8 5 4 15 22 5 18

6 9 6 20 25 15 14 5

16 15 21 14 4 19 !



Joke of the Month

Q. Why couldn't the kid finish the race?
see answer below.



Growing Regions



John Krewer. He was just a little beet. It escaped, weighed over 145 one pound!