

APRIL



Special Announcements

Elementary lunch
meal prices:
breakfast \$2.00 reduced \$.30
lunch \$2.75 reduced \$.40
fresh fruit is offered daily
1% white milk
fat free chocolate milk
menu is subject to change!!



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken nuggets mashed potatoes steamed broccoli diced peaches milk	4 Pizza garden salad glazed carrots mix fruit milk	5 Crunchy tacos pinto beans tossed salad apricots milk	6 Mozzarella cheese sticks w/marinara sauce veggie cup mandarin oranges milk	7 Steak fingers potato smiles baby carrots apple sauce milk
10 Salisbury steak mashed potatoes steamed broccoli diced apricots milk	11 Lasagna garden salad roasted carrots pineapple tidbits milk	12 Bean & cheese burritos Spanish rice tossed salad peaches milk	13 Chicken Alfredo broccoli salad mix veggies mandarin oranges milk	14 No school
17 Steak fingers mashed potatoes steamed broccoli diced peaches milk	18 Mini corn dogs baked beans mix veggies cinnamon apples milk	19 Chicken quesadillas Spanish rice tossed salad mix fruit milk	20 Spaghetti w/meat sauce garden salad mix veggies pineapple tidbits milk	21 Breaded Chicken Sandwich potato smiles veggie cup apple sauce milk
24 Chicken nuggets mashed potatoes steamed broccoli diced peaches milk	25 Pizza baby carrots/ranch green Peas jello milk	26 Beef & cheese nachos refried beans tossed salad mandarin oranges milk	27 Hot dog chips baby carrots/ranch fresh apple milk	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 140 one pounds!