

APRIL



Special Announcements

JR. High 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 Salisbury steak mashed potatoes roasted broccoli diced peaches milk	4 Lasagna garden salad glazed carrots mix fruit milk	5 Beef & cheese nachos tossed salad refried beans apricots milk	6 Corn dog broccoli salad baked beans mix fruit milk	7 Breaded chicken sandwich chips salad cup fresh fruit milk
10 Steak fingers mashed potatoes steamed broccoli apricot milk	11 Spaghetti w/meat sauce garden salad roasted carrots pineapple tidbits milk	12 Crunchy tacos tossed salad pinto beans mandarin oranges milk	13 Grilled cheese sandwich chips veggie cup fresh fruit milk	14 No school
17 Chicken strips mashed potatoes steamed broccoli diced peaches milk	18 Pizza garden salad green beans mix fruit milk	19 Chicken quesadillas pinto beans tossed salad cinnamon apples milk	20 Orange chicken mix veggie glazed carrots mandarin oranges milk	21 Hot dogs chips baked beans veggie cup/ranch fresh fruit milk
24 Chicken nuggets mashed potatoes roasted broccoli apricot milk	25 Chicken Alfredo green peas glazed carrots mandarin oranges milk	26 Mexican Lasagna pinto beans tossed salad diced peaches milk	27 Mini corn Dogs mac & cheese mix veggies apple sauce 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 145 one pound!