

# APRIL



## Special Announcements

Elementary Breakfast:

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!!



Texas Department of Agriculture  
COMMISSIONER ROBERT M. MULLER

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

3 Breakfast pizza  
or  
Cereal/toast  
fruit juice  
milk

4 Pancake on a stick  
or  
Cereal/toast  
fruit juice  
milk

5 Biscuit/gravy  
or  
Cereal/toast  
fruit juice  
milk

6 Waffle sticks  
or  
Cereal/toast  
fruit juice  
milk

7 Breakfast sandwich  
or  
Cereal/toast  
fruit juice  
milk

10 Pancakes  
or  
Cereal/toast  
fruit juice  
milk

11 Muffin  
or  
Cereal/toast  
fruit juice  
milk

12 Breakfast sandwich  
or  
Cereal/toast  
fruit juice  
milk

13 French toast sticks  
or  
Cereal/toast  
fruit juice  
milk

14 No school

17 Breakfast pizza  
or  
Cereal/toast  
fruit juice  
milk

18 Pancake on a stick  
or  
Cereal/toast  
fruit juice  
milk

19 Biscuit/gravy  
or  
Cereal/toast  
fruit juice  
milk

20 Waffle sticks  
or  
Cereal/toast  
fruit juice  
milk

21 Yoplait yogurt/toast  
or  
Cereal/toast  
fruit juice  
milk

24 Pancakes  
or  
Cereal/toast  
fruit juice  
milk

25 Muffin  
or  
Cereal/toast  
fruit juice  
milk

26 Breakfast burrito  
or  
Cereal/toast  
fruit juice  
milk

27 Breakfast pizza  
or  
Cereal/toast  
fruit juice  
milk

28 No school



ANNUAL STUDENT ART CONTEST CONTINUES!  
SEND US YOUR MOST CREATIVE  
DRAWINGS AND CREATIONS!

VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST) FOR MORE DETAILS.

### Good Eats At:

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# 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](http://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 pound!