

# APRIL



## Special Announcements

Junior High 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 Breakfast pizza or cereal/toast fruit juice milk	4 Yoplait yogurt or cereal/toast fruit juice milk	5 Breakfast sandwich or cereal/toast fruit juice milk	6 Muffin or cereal/toast fruit juice milk	7 Waffle sticks or cereal/toast fruit juice milk
10 Pancake on a stick or cereal/toast fruit juice milk	11 Breakfast pizza or cereal/toast fruit juice milk	12 Biscuit/gravy 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 Pancakes or cereal/toast fruit juice milk	19 Breakfast burritos or cereal/toast fruit juice milk	20 Muffin or cereal/toast fruit juice milk	21 Yoplait yogurt or cereal/toast fruit juice milk
24 Pancake on a stick or cereal/toast fruit juice milk	25 Breakfast sandwich or cereal/toast fruit juice milk	26 Biscuit/gravy 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.

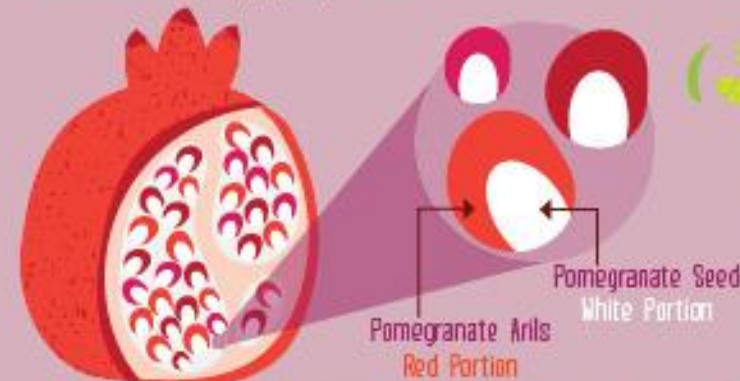
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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