

FEBRUARY

2019



I'm on your team...
RUBY RED BEAM

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ART CONTEST BEGINS

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"You ART What You Eat" Art Contest STARTS FEBRUARY 4TH
squaremeals.org/artcontest

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GOOD EATS AT

MAY ISD

SPECIAL ANNOUNCEMENTS

Corn Dogs
Baked Beans
Spinach
Carrots
Fruit
Milk/Juice 4

BBQ Chicken
Mashed Potato's
Gravy/Rolls
Cooked Carrots
Fruit
Milk/Juice 5

Bean Burrito's
Refried Beans
Spanish rice
Celery
Fruit
Milk/Juice 6

Lasagna Roll up
Green Beans
Garlic Bread
Cauliflower
Fruit
Milk/Juice 7

Chicken on Bun
French Fries
Ranch Beans
Broccoli
Fruit
Milk/Juice 1

Cheeseburgers
French Fries
Corn
Broccoli
Fruit
Milk/Juice 8

Steak Fingers
Potato Wedges
Spinach
Bread
Fruit
Milk/Juice 11

Pizza
Veggie Sticks
Corn
Carrots
Fruit
Milk/Juice 12

Taco Salad
Ranch Beans
Spanish rice
Celery
Fruit
Milk/Juice 13

Chicken Nuggets
French Fries
Green Beans
Rolls
Fruit
Milk/Juice 14

BBQ On Bun
Chips
Broccoli/Carrots
Fruit
Milk/Juice 15

NO SCHOOL
18

Chicken Strips
French Fries
Baked Beans
Celery
Fruit
Milk/Juice 19

Baked Fish
Macaroni Cheese
Black-eyed Peas
Coleslaw
Fruit
Milk/Juice 20

PBJ
Turkey Cheese
Sandwich
Chips
Broccoli/Fruit
Milk/Juice 21

Sloppy Joes
French Fries
Green Beans
Carrots
Fruit
Milk/Juice 22

Frito Pie
Peas
Celery/Carrots
Fruit
Milk/Juice 25

Chicken Fried Steak
Mashed Potato's
Gravy
Corn
Rolls
Fruit 26

Ham Cheese Subs
Chips
Spinach
Celery
Fruit
Milk/Juice 27

Cheese Raviolis
Green Beans
Garlic Bread
Cauliflower
Fruit
Milk/Juice 28

Lunch Menu
K-6 Regular Price: \$2.55
7-12 Regular Price: \$2.80
K-12 Reduced Price: \$0.40
Extra Milk: \$0.50
Extra Juice: \$0.50
Adult Price: \$3.75
Milk and juice are offered with each meal. Menu is subject to change due to deliveries.
Salad served Daily.

RUBY RED BEAM

Grapefruit

One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree and stumbled upon Ruby Red. She was the first of her kind. She explained to him that she and her fellow grapefruit friends were a good source of nutritious vitamin C and that it was her mission to bring nutrition to all the residents of Healthyville. The farmer agreed to help Ruby Red plant grapefruit trees all over Healthyville and the state of Texas so everyone could enjoy the nutritious benefits and great taste of grapefruit.



FUN FACTS

- 'Ruby Red' was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a 'Pink Marsh' tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of the orange and a pummelo.







RUBY RED BEAM'S FAVORITE ACTIVITIES

Softball

HOW MANY?

Count the correct number of each fruit or vegetable below.



	_____		_____
	_____		_____
	_____		_____

POW!

ARCH ENEMY

Snails: The common garden snail can cause extensive damage to the leaves and fruit of citrus, especially grapefruit and oranges. They start by attacking young leaves by chewing holes in them and leaving them severely damaged.



JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: It kept peeling out.

