

FEBRUARY

2019



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

M **T** **W** **TH** **F**

ART CONTEST BEGINS

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

Breakfast Burrito
Or
Cereal w/ Toast

1

GOOD EATS AT



Shal lowater ISD

Sausage Kolache
Or
Cereal w/ Toast

4

Breakfast Taquito
Or
Cereal w/ Toast

5

Waffles & Sausage
Or
Cereal w/ Toast

6

Breakfast Pizza
Or
Cereal w/ Toast

7

Donut Holes
Or
Cereal w/ Toast

8

SPECIAL ANNOUNCEMENTS

Pancakes & Sausage
Or
Cereal w/ Toast

11

Breakfast Burrito Hashbrowns
Or
Cereal w/ Toast

12

Power Breakfast
Or
Cereal w/ Toast

13

Sausage Kolache
Or
Cereal w/ Toast

14

Morning Griddle Sandwich
Or
Cereal w/ Toast

15

Variety of milk served daily

Menus are subject to change without notice

Waffles & Bacon
Or
Cereal w/ Toast

18

Cinnamon Roll & Sausage
Or
Cereal w/ Toast

19

Breakfast Pizza
Or
Cereal w/ Toast

20

Breakfast Sandwich
Or
Cereal w/ Toast

21

Mustang Breakfast
Or
Cereal w/ Toast

22

Sausage Biscuit
Or
Cereal w/ Toast

25

Breakfast Burrito
Or
Cereal w/ Toast

26

Chicken-n-Waffles
Or
Cereal w/ Toast

27

Pancakes & Sausage
Or
Cereal w/ Toast

28



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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.

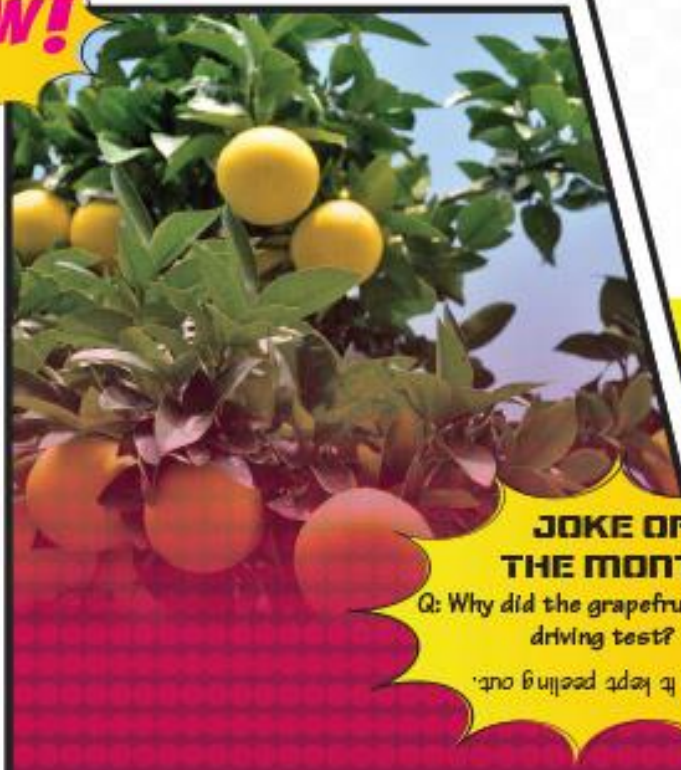


	_____		_____
	_____		_____
	_____		_____

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.

