

# 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 4<sup>TH</sup>**  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



**Shallowater ISD**



Variety of milk served daily

Menus are subject to change without notice

Breaded Drumstick  
Pizza  
Carrots  
Seasoned Corn  
Fresh Grapes  
Cookie **4**

Crispy Tacos  
Frito Pie  
Fresh Veggie Cup  
Beans  
Orange Smiles **5**

Ravioli  
Chicken Nuggets  
Mashed Potatoes  
Garden Salad  
Roll  
Pears **6**

Ham/Cheeseburger  
Hot Dog  
Oven Fries  
Carrots  
Snowball Salad **7**

Popcorn Chicken  
Sloppy Joe  
Broccoli  
Oven Fries  
Peaches **1**

Corn Dog  
Oven Roasted Chicken  
Tater Tots  
Broccoli  
Baked Beans  
Apple/pineapple D'Lite **11**

Nacho Grande  
Taco Soup  
Beans  
Tiny Tomato Cup  
Cucumber Slices  
Peaches  
Sherbet Cup **12**

Chicken Sandwich  
X-Treme Burrito  
Oven Fries  
Corn  
Fresh Veggie Cup  
Mandarin Oranges **13**

Asian Chicken  
Hamburger Steak w/  
gravy  
Roasted Potatoes  
Garden Salad  
Fruit Gelatin **14**

Pulled Pork Sliders  
Chicken Parm  
Garden Salad  
Coleslaw  
Savory Green Beans  
Chilled Pineapple **8**

Country Fried Steak  
Mustang Meatloaf  
Mashed Potatoes  
Okra  
Roll  
Strawberries **18**

Meat & Cheese Chalupas  
Enchiladas  
Zesty Cucumbers  
Beans  
Rosy Applesauce **19**

Chicken Tenders  
Ham/Cheeseburger  
Broccoli  
Sweet Potato Fries  
Mixed Fruit  
Crispy Cereal Treat **20**

Chicken Spaghetti  
Pizza  
Garden Salad  
Carrots  
Apple Slices **21**

Pizza  
Grilled Cheese Sandwich  
Carrots  
Crunchy Broccoli Salad  
Fresh Fruit  
Brownie **15**

Texas Basket  
Ham/Cheeseburger  
Oven Fries  
Fresh Veggie Cup  
Mixed Fruit  
Hamburger Garnish **25**

Tex-Mex Stack  
Chicken Fajitas  
Beans  
Tiny Tomato Cup  
Lettuce/Tomato Garnish  
Peaches **26**

Chicken Alfredo  
Pizza Pocket  
Tuscan Veggies  
Garden Salad  
Hot Cinnamon Apples  
Cookie **27**

Fish Sticks w/ Mac &  
Cheese  
Pizza  
BBQ Sandwich  
Coleslaw  
Savory Green Beans  
Orange Smiles **22**

Ranchero Wrap  
Country Pot Pie  
Broccoli  
Fresh Veggie Cup  
Snowball Salad **28**

# 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.

