

# APRIL



## Special Announcements

**EVERYDAY AT BREAKFAST ASSORTED FRUITS & JUICES WILL BE OFFERED. ALSO AN OPTION OF CEREAL & TOAST**

**AT BREAKFAST & LUNCH A VARIETY OF MILK & FRUIT WILL BE OFFERED**

**EVERYDAY THERE WILL BE AN ALTERNATE MEAL OFFERED OF PB&JELLY SANDWICH OR A LUNCHABLE**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMERCIAL NO. 02162

Monday

Tuesday

Wednesday

Thursday

Friday

3  
**POPARTS**  
HOTDOGS WITH CHILI & CHEESE  
RAW BROCCOLI, CARROTS, OR CELERY  
TATER TOTS

4  
**PB&JELLY**  
CHICKEN STRIPS  
GREEN BEANS  
MASHED POTATOES & GRAVY  
ROLL

5  
**SCRAMBLED EGGS & TOAST**  
BEEF & CHEESE  
NACHOS  
PINTO BEANS  
WK CORN

6  
**MUFFINS**  
CHICKEN ALFREDO  
BLACK-EYED PEAS  
RAW BROCCOLI, CARROTS, OR CELERY  
GARLIC TOAST

7  
**PANCAKE ON A STICK**  
HAM & CHEESE  
CROISSANT  
SALAD CUP  
CHIPS

10

11

12

13

14

# SPRING BREAK

17

**BREAKFAST PIZZA**  
CHICKEN RINGS  
RANCHSTYLE BEANS  
MAC & CHEESE

18

**MINI PANCAKES**  
CF STEAK  
GREEN BEANS  
MASHED POTATOES & GRAVY  
ROLL

19

**KOLACHES**  
PB&JELLY  
SANDWICHES  
CARROT STICKS  
  
**EARLY RELEASE**

20

**CINNAMON ROLLS**  
PIZZA POCKETS  
WK CORN  
RAW BROCCOLI, CARROTS, OR CELERY

21

**SAUSAGE BISCUITS**  
HAMBURGERS  
SALAD CUP  
FRENCH FRIES

24

**OATMEAL FRITO PIE**  
PINTO BEANS  
RAW CARROTS, BROCCOLI, OR CELERY

25

**PB&JELLY**  
CF STEAK  
GREEN BEANS  
MASHED POTATOES & GRAVY  
ROLL

26

**SCRAMBLED EGGS & TOAST**  
TAMALES  
REFRIED BEANS  
SPANISH RICE

27

**FRENCH TOAST**  
SPAGHETTI WITH MEAT SAUCE  
BLACK-EYED PEAS  
RAW BROCCOLI, CARROTS, OR CELERY

28

**PANCAKE ON A STICK**  
BBQ SANDWICH  
BAKED BEANS  
POTATO SALAD



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:

**DAILY SNACK BAR INCLUDES: PIZZA OR CORNDOG FOR \$3.50 OR A SALAD FOR \$4.00 THESE ITEMS MUST BE ORDERED & PAID FOR IN THE MORNING**

# Beets

**Listen to the Seed!** 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

## 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

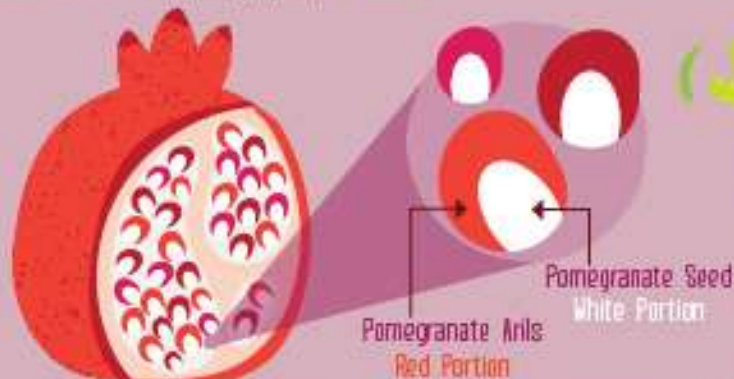
Q. Why couldn't the kid finish the race?  
see answer below.



Growing Regions

# 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)



Joke answer: He was just a little beet. If message, weighed over 145 one pound!