

# 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)

**GOOD EATS AT**

Seminole ISD Café  
FJ Young Primary Elementary Jr. High High School Success Center

**SPECIAL ANNOUNCEMENTS**

Breakfast for Lunch - February 1 - Monte Cristo Sandwich

Try IT Fresh At Breakfast: Grapefruit - February 13<sup>th</sup>  
Grapefruit is bursting with nutrients, including immune boosting vitamin C, heart-healthy fiber, vitamin A to promote healthy vision, and many others - potassium, folate, thiamin and vitamin B6.

Staff Development 4

Breakfast Pizza or PBj  
Walking Taco w/ Cheese Sauce  
Salsa  
Refried Beans  
Applesauce  
Milk Variety 5

Cinnamon Roll & Sausage or Fruit & Yogurt Parfait (PreK - Cheesy Toast)  
Chicken Strips w/Biscuit  
Tiny Tomato Cup  
Curly Fries  
Mixed Fruit  
Rice Crispy Treat / Milk 6

Sausage/Egg/Cheese Sandwich or PBj  
Pizza  
Garden Salad  
Baby Carrots  
Grapes  
Milk Variety 7

Pancakes & Sausage or Cereal & Muffin  
Breakfast for Lunch Day  
Monte Cristo Sandwich  
Baby Carrots  
Orange Smiles  
Brownie / Milk 1

Eggs/Biscuit/Gravy & Bacon or Cereal & Muffin  
Hamburger or Cheeseburger  
Potato Smiles  
Zesty Cucumbers  
Apple / Pineapple Delight  
Milk Variety 8

Pancakes & Sausage or Cereal & Toast  
Texas Steakfinger Basket  
Tator Tots  
Gravy / Roll  
Broccoli w/Cheese Topping  
Snowball Salad  
Milk Variety 11

Dutch Waffle & Bacon or PBj - (PreK - French Toast)  
Tex Mex Stack w/ garnish  
Salsa  
Zesty Cucumbers  
Refried Beans  
Fruit / Milk Variety 12

Chicken Sticks / Waffles or Fruit & Yogurt Parfait  
**TRY IT FRESH: Grapefruit**  
Pizza  
Garden Salad  
Peaches  
Cookie  
Milk Variety 13

Breakfast Combo or PBj  
**Valentines Day**  
Loaded Tots  
Tiny Tomato Cup  
Baked Beans  
Banana  
Cornbread  
Milk Variety 14

Donut Holes & Sausage or Cereal & Muffin  
Popcorn Chicken & Roll  
Mashed Potatoes  
Savory Green Beans  
Baby Carrots  
Pineapple w/ cherry  
Milk Variety 15

Staff Development 18

Bkfst Pizza or PBj  
Taco Stick & Queso  
Seasoned Corn  
Pinto Beans  
Salsa  
Pears  
Milk Choice 19

Grand Slam Breakfast or Fruit & Yogurt Parfait  
Chicken Nuggets / Mac N Cheese  
Savory Green Beans  
Fresh Apple Combo  
Milk Choice 20

Pancake Wrap & Yogurt or PBj (PreK Sausage Kolache)  
Pizza Day  
Seasoned Corn  
Tiny Tomato Cup  
Fruity Gelatin w/ Topping  
Milk Choice 21

Glazed Cinnamon Roll w/Sausage or Cereal & Muffin  
Hamburger or Cheeseburger  
Cucumbers  
Strawberries  
Cookie  
Milk Choice 22

Sunrise Sandwich or Cereal & Toast  
Steak Fingers w/ gravy  
Mashed Potatoes  
Carrot Coins  
Strawberries & Bananas  
Roll  
Milk Variety 25

Dutch Waffle & Bacon or PBj (PreK - Pancakes & Bacon)  
Spaghetti w/ meatballs  
Garden Salad  
Peaches  
Chocolate/Vanilla Pudding  
Milk Variety 26

Monte Cristo Sandwich or Fruit / Yogurt Parfait  
Wing Wednesday - Boneless Wings  
Celery / Carrot Sticks  
Chips  
Orange Smiles/Brownie  
Milk 27

Bkfst Strudel & Yogurt or PBj (PreK - Cheese Omelet/Toast)  
Mexican Combo (Taco & Tamale)  
Refried Beans  
Salsa  
Peaches  
Milk 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

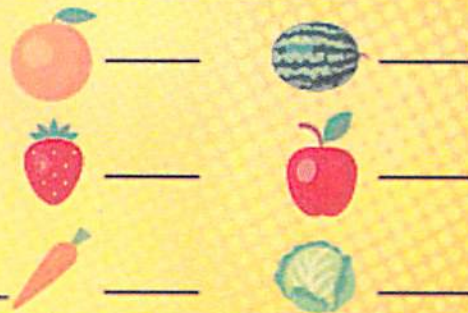
- 'Ruby Red' was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a 'Pink Marsh' tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of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

