

# 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**

**Head Start  
3-5 yrs.  
Half Day  
Menu**

**SPECIAL  
ANNOUNCEMENTS**

Cinnamon Toast  
(A)Mango Smoothie  
Picadillo w/ Potatoes  
Zucchini w/ Cheese  
Spanish Rice  
(A)Milk  
Kix/(A)Milk **4**

French Toast Sticks  
Blueberries  
Meatballs w/ Mushroom Sauce  
Cucumber & Tomato w/Italian  
Dressing  
Biscuit  
Pear Wedges/(A)Milk  
Strawberry Yogurt  
Mango **5**

Oatmeal/Mandarin Oranges  
Mediterranean Tuna &  
Vegetable Salad  
Club Crackers  
Blood Red Oranges  
(A)Milk  
Baby Carrots/Dressing  
Mozzarella Cheese Stick **6**

Cheerios/(A)Milk  
Spaghetti w/ Meat Sauce  
Spinach/Mandarin Salad/  
Dressing  
Red Apple Wedges  
(A)Milk  
Zucchini Muffin/(A)Milk **7**

Kix/(A)Milk  
Chicken w/ Vegetable  
Brown Rice  
Red Apple Wedges  
(A)Milk  
Rainbow Carrots/Dressing  
Saltine Crackers

Scrambled Egg  
Diced Strawberries  
Cheese Pizza w/ Mushrooms  
Lettuce & Tomato Salad/  
Dressing  
Pineapple  
(A)Milk  
Soy Butter & Jelly Sandwich **8**

Cream of Wheat/Blueberries  
Popcorn Chicken/Ketchup  
Broccoli  
Macaroni & Cheese  
Mango  
(A)Milk  
Club Crackers  
Mozzarella Cheese Stick **11**

Bagel w/ Cream  
Cheese/(A)Milk  
Caldillo  
Fideo  
Applesauce w/ Cinnamon  
(A)Milk  
Strawberry Yogurt  
Mixed Berries **12**

Oatmeal  
Diced Green Apple  
Steak Finger/Ketchup  
Corn-on-the-Cob  
Dinner Roll  
Diced Peaches  
(A)Milk  
(A)Pineapple Smoothie **13**

Mini Waffles  
Diced Strawberries  
Chili Bowl  
Corn Bread  
Orange Wedges  
(A)Milk  
Red Apple Wedges  
Cheese Cubes **14**

Cheerios/(A)Milk  
Turkey Meatball Vegetable  
Soup  
w/ Pasta  
Star Fruit  
(A)Milk  
Graham Crackers/(A)Milk **15**

Cinnamon Toast  
(A)Strawberry Smoothie  
Chicken Vegetable Salad  
Club Crackers  
Pineapple  
(A)Milk  
Soy Butter & Jelly Sandwich **18**

Oatmeal/Blueberries  
Cheese Pizza w/ Mushrooms  
Lettuce & Tomato Salad/  
Dressing  
Pineapple  
(A)Milk  
Peach Yogurt  
Red Apple Wedges **19**

Kix/(A)Milk  
BBQ Brisket on Kaiser Roll  
Shredded Lettuce, Carrots &  
Red Cabbage  
Lettuce  
Yellow Apple Wedges  
(A)Milk  
Applesauce w/ Cinnamon  
Graham Crackers **20**

Birthday Celebration  
Muffin/(A)Milk  
Spaghetti w/ Meat Sauce  
Sliced Cucumber & Tomato w/  
Italian Dressing  
Grape Fruit  
(A)Milk  
Muffin/(A)Milk **21**

Cream of Wheat  
Diced Watermelon  
Lemon Pepper Chicken  
California Blend Vegetable  
Brown Rice  
Mandarin Oranges  
(A)Milk  
Corn Flakes/(A)Milk **22**

Cheerios/(A)Milk  
Chicken Nuggets/Ketchup  
Sweet Potato Fries  
Diced Peaches  
(A)Milk  
(A)Pineapple Smoothie **25**

French Toast Sticks  
Diced Strawberries  
BBQ Chicken Drumsticks  
Biscuit  
Mashed Potato w/ Gravy  
Green Beans  
(A)Milk  
Pear Wedges/(A)Milk **26**

Oatmeal/Diced Red Apples  
Chicken Egg Rolls (Sweet &  
Sour Sauce)  
Rainbow Carrots/Dressing  
Star Fruit  
(A)Milk  
Graham Crackers/(A)Milk **27**

Blueberry Muffin/(A)Milk  
Meatball Sub on Hoagie Bun  
Spinach & Carrot Salad/  
Dressing  
Green Apple Wedges  
(A)Milk  
Kix/(A)Milk **28**

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**February 6<sup>th</sup>**  
Early Release-Santiago Rodriguez  
**February 12<sup>th</sup>**  
Early Release-EPISD  
**February 18<sup>th</sup>**  
No School -EPISD, David Sublasky,  
Santiago Rodriguez & Clint ISD  
**February 21<sup>st</sup>**  
Birthday Celebration  
**February 22<sup>nd</sup>**  
Early Release-David Sublasky  
No School - Clint ISD  
**February 27<sup>th</sup>**  
Early Release-YISD & San Elizario  
**February 28<sup>th</sup>**  
Early Release-Santiago Rodriguez



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.

