

APRIL



Special Announcements

Breakfast Served Daily From
7:15 am – 8:30 am

Alcart items vary each day
Prices \$1.00 - \$3.00



Monday

Tuesday

Wednesday

Thursday

Friday

3 Hamburger
Or
Hotdog
Carrots / Bake Beans
Lettuce Cups, Fruit, Milk

4 Chop Beef on Bun
Or
Chop Beef on Potato
Carrots / Mixed Veggies
Salad, Fruit, Milk

5 Sloppy Joe
Or
Corn Dogs
Pinto Beans / Broccoli
Salad, Fruit, Milk

6 Chicken Alfredo
Or
Ravioli
Corn / Green Beans
Salad, Fruit, Milk

7 Double Dave's Pizza
Or
Chef Salad

10 Salisbury steak
Or
Breaded Chicken
Sandwich
Bake Beans / Corn
Lettuce Cups, Fruit, Milk

11 Chicken Pot Pie
Or
Orange Chicken & Rice
Mixed Veggies / Carrots
Salad, Fruit, Milk

12 Lasagna
Or
Fish Sticks
Broccoli / Corn on the
Cob
Salad, Fruit, Milk

13 Cheese Enchilada
Or
Burrito
Tots / Refried Beans
Salad, Fruit, Milk

14 No
School

17 Chicken Fajita Nacho's
Or
Loaded Bake Potato
Broccoli / Pinto Beans
Salad, Fruit, Milk

18 Pizza
Or
Grilled Chicken Sandwich
Corn / Green Beans
Salad, Fruit, Milk

19 Cheese Burger
Or
Mini Corndogs
Tots / Bake Beans
Lettuce Cups, Fruit, Milk

20 Spaghetti
Or
Grill Cheese
Carrots / Mixed Veggie
Salad, Fruit, Milk

21 Double Dave's Pizza
Or
Turkey Wrap with Chips

24 Chicken Nuggets
Or
Steak Fingers
Mash Potato / Corn
Gravy
Salad, Fruit, Milk

25 Chicken Parmesan
Or
Cheese burger Mac
Broccoli / Carrots
Salad, Fruit, Milk

26 Tacos
Or
Beef Nacho's
Bake Beans / Pinto
Beans
Lettuce Cups, Fruit, Milk

27 Sausage Wrap
Or
Meatball Sub
Refried Beans / Tots
Salad, Fruit, Milk

28 Double Dave's Pizza
Or
Chicken Caesar Salad



ANNUAL STUDENT ART CONTEST CONTINUES!
SEND US YOUR MOST CREATIVE
DRAWINGS AND CREATIONS!
VISIT SQUAREMEALS.ORG/ARTCONTEST FOR MORE DETAILS.

Good Eats At:

Beets

Listen to the Beet! 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

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

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



John Kresser. He was just a little beet. It escaped, weighed over 140 one pound!