

# FEBRUARY

2019



I'm on your team...  
**RUBY RED  
BEAM**

**M**

**ART  
CONTEST  
BEGINS**

**T**

**"You ART What You Eat"  
Art Contest  
STARTS FEBRUARY 4<sup>TH</sup>  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)**

**W**

**TH**

**F**

**GOOD  
EATS AT**

**JOAQUIN ISD RAM  
CAFÉ**  
Breakfast Menu  
Elementary \$1.75  
Junior High \$1.75  
High School \$1.75  
Adult \$2.25

**SPECIAL  
ANNOUNCEMENTS**

Choice of milk  
everyday:  
White 1% Low Fat or  
Flavored Fat Free.

Menus are subject to  
change without notice.

Egg, Bacon w/Croissant  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly 4

Hot Pocket  
Assorted Cereals  
Cheese Toast  
*Diced Peach Cup*  
Assorted Juice 5

*Chocolate Chip Muffin*  
Assorted Cereals  
Yogurt  
Grapefruit Wedges  
Assorted Juice 6

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice 7

Donut Holes  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice 8

Chicken-n-Cheese Biscuit  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly 11

*Scramble Egg*  
w/Bacon  
Assorted Cereals  
Cheese Toast  
*Diced Peach Cup*  
Assorted Juice 12

*Breakfast Pizza Crunchers*  
Assorted Cereals  
Yogurt  
Strawberry Craisins  
Assorted Juice 13

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice 14

*Grape Filled Cresscent*  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice 15

SCHOOL  
HOLIDAY 18

Kolache  
Assorted Cereals  
Cheese Toast  
*Diced Peach Cup*  
Assorted Juice 19

*Blueberry Pancakes*  
Syrup  
Assorted Cereals  
Yogurt  
Blueberries  
Assorted Juice 20

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice 21

Donut  
Assorted Cereals  
Cinnamon Toast  
Cheese Stick  
Applesauce Cup  
Assorted Juice 22

Egg & Bacon Croissant  
Assorted Cereals  
Buttered Toast  
Sliced Pears  
Assorted Juice  
Grape Jelly 25

Hot Pocket  
Assorted Cereals  
Cheese Toast  
*Diced Peach Cup*  
Assorted Juice 26

*Pancake on Stick*  
Syrup  
Assorted Cereals  
Yogurt  
Grapefruit Wedges  
Assorted Juice 27

*Sausage-n-Biscuit*  
w/Jelly  
Assorted Cereals  
Pop tart  
*Orange Wedges*  
Assorted Juice 28



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

# 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.



**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.

### 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.



	_____		_____
	_____		_____
	_____		_____

# FEBRUARY 2019



I'm on your team...  
**RUBY RED BEAM**

**M T W TH F**

**ART CONTEST BEGINS**

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**4**  
Chef Salad  
Stuffed Crust Pizza  
Green Beans  
Healthy Salad w/Dressing  
Icee Strawberries Cup  
Apple Slices

**5**  
Chicken Chunks  
Lima Beans  
Sweet Glazed Carrots  
Corn Bread  
Veggie Bar w/Dressing  
Mixed Fruit  
Mandarin Oranges

**6**  
Steak Fingers  
Mashed Potatoes w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Frosty Peach Cup  
Sliced Blushing Pear

**7**  
Big Daddy's Pizza  
Asian Glazed Chicken  
Fried Rice & Fortune Cookie  
Buttered Corn  
Veggie Bar w/Dressing  
Orange Smiles  
Pineapple Tidbit

**8**  
Chicken or Hamburger w/Bacon on Bun  
Sliced Cheese Fries  
Cauliflower w/Sauce  
Burger Veggies  
Diced Pears Cup  
Strawberry Fruit Slush

**11**  
Chef Salad  
French Bread Pizza  
Green Beans  
Healthy Salad w/Dressing  
Icee Strawberries Cup  
Cantaloupe Chunks

**12**  
Chicken Bites  
Bake Potato Soup  
Ranch Beans  
Cinnamon Sweet Potatoes  
Veggie Bar w/Dressing  
Mixed Grapes  
Fruit Bowl

**13**  
Chicken Rings  
Mashed Potatoes w/Gravy  
Roasted Broccoli  
Whole Grain Roll  
Frosty Peach Cup  
Diced Pears

**14**  
**VALENTINE DAY**  
Chicken & Dumplings  
Seasoned Green Beans  
Veggie Bar  
Hot Wheat Roll  
Orange Smiles  
Grapefruit Wedges  
Strawberry Sundae

**15**  
Chicken or Hamburger on Bun  
Sliced Cheese Fries  
Green Pea Salad  
Burger Veggies  
Sliced Pears Cup  
Cherry Fruit Slush

**18**  
**SCHOOL HOLIDAY**

**19**  
Chef Salad  
Stuffed Crust Pizza  
Green Beans  
Healthy Salad w/Dressing  
Icee Strawberries Cup  
Honeydew Chunks

**20**  
Salisbury Steak  
Mashed Potatoes w/Gravy  
Sweet Peas  
Whole Grain Roll  
Frosty Peach Cup  
Diced Pears w/Cherry

**21**  
Big Daddy's Pizza  
Crispy Tacos w/Salsa  
Sweet Corn  
Spanish Rice  
Veggie Bar w/Dressing  
Orange Smiles  
Mango Chunks

**22**  
Chicken or Hamburger w/Bacon on Bun  
Sliced Cheese Fries  
Mix Vegetable Salad  
Burger Veggies  
Diced Pears Cup  
Strawberry Fruit Slush

**25**  
Chef Salad  
French Bread Pizza  
Green Beans  
Healthy Salad w/Dressing  
Icee Strawberries Cup  
Apple Slices

**26**  
Chicken Spaghetti  
Black-Eyed Pea  
Cinnamon Sweet Potatoes  
Veggie Bar w/Dressing  
Corn Bread  
Mixed Fruit  
Mandarin Oranges

**27**  
Boneless Chicken Wing  
Mashed Potatoes w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Frosty Peach Cup  
Sliced Blushing Pear

**28**  
Big Daddy's Pizza  
Asian Glazed Chicken  
Fried Rice & Fortune Cookie  
Buttered Corn  
Veggie Bar w/Dressing  
Orange Wedges  
Pineapple Tidbit

**GOOD EATS AT**

**JOAQUIN ISD RAM CAFÉ**  
Lunch Menu  
Elementary \$2.50  
Junior High \$2.50  
High School \$2.75  
Adult \$3.50

**SPECIAL ANNOUNCEMENTS**

**Snack Bar**  
Drinks \$1.00 Chips \$1.00  
Cookies \$.50 Ice Cream \$1.00  
Rice Krispies Treat \$1.00  
Entrée \$2.00 Side Dishes \$1.00  
**Must have cash for snack bar.**

**No Charging Snacks.**

Choice of milk everyday:  
White 1% Low Fat or Flavored  
Fat Free. Menus are subject  
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