



FEBRUARY

2019

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

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F

**ART
CONTEST
BEGINS**

**"You ART What You Eat"
Art Contest
STARTS FEBRUARY 4TH
squaremeals.org/artcontest**

YOGURT

1

**GOOD
EATS AT**

BREAKFAST

Menu subject to
change without
notice.

CINNAMON
CHEX

4

BUTTERMILK
PANCAKES

5

CINNAMON
RAISIN
BAGEL

6

FRENCH
TOAST
STICKS

7

MULTIGRAIN
CHEERIOS

8

**SPECIAL
ANNOUNCEMENTS**

CINNAMON
CHEX

11

PEACH
PANCAKE
BOWL

12

WHOLE
GRAIN
CHEERIOS

13

CLASSIC
CHEESE
OMELET

14

CINNAMON
CHEX

15

***Note: Beta Academy has a one-charge policy. This policy allows for a scholar to charge one meal to their account. After which the parent will be notified of non-payment.**

**NO
SCHOOL!**

18

ZEE ZEE
BERRY APPLE
CRISP BAR

19

CINNAMON
CRUMBLE

20

BUTTERMILK
PANCAKES

21

CHEESY
BEAN
BREAKFAST
BURRITO

22

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CORN
CHEX

25

PEACH
PANCAKE
BOWL

26

CINNAMON
CHEX

27

FRENCH
TOAST
STICKS

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.



	_____		_____
	_____		_____
	_____		_____