



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

FEBRUARY

2019

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ART CONTEST BEGINS

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

BAKED MAC & CHEESE W/ CHICKEN BITES
PIZZA PIE 4

FIESTA SCOOPS W/ 3 LAYER DIP
HOT DOG 5

CHEESE PIZZA
FLAME-BROILED BEEF CHEESEBURGER 6

B4L: PANCAKES W/ SWEET SAUSAGE
BEEF BURRITO 9

ITALIAN CALZONI
FIRECRACKER CHICKEN 1

CHEESE TAMALE
VEGGIE CHILI 8

CHICKEN TACO TRIO
SPICY POPCORN CHICKEN SANDWICH 11

CHEESY RAVIOLI
HOT DOG 12

OVEN ROASTED CHICKEN SANDWICH
PEPPERONI PIZZA 13

BAKED MAC & CHEESE W/ CHICKEN BITES
BBQ CALZONI 14

FLAME-BROILED PEPPERJACK CHEESEBURGER
VEGGIE CHILI 15

NO SCHOOL! 18

FLAME-BROILED PEPPERJACK CHEESEBURGER
ITALIAN CALZONI 19

BUFFALO CHICKEN SANDWICH
CHICKEN TACO TRIO 20

CHEESY BEAN & SALSA NACHO DIP
SPAGHETTI MARINARA 21

CHEESE TAMALE
HOT DOG 22

SPAGHETTI & MEATBALLS
CRISPY CHICKEN SANDWICH 25

PASTA W/ ZESTY BEEF
PIZZA PIE 26

FLAME-BROILED BEEF CHEESEBURGER
PEPPERONI PIZZA 27

CHEESY CHICKEN QUESADILLA
HOT DOG 28

GOOD EATS AT

LUNCH

Menu subject to change without notice.

SPECIAL ANNOUNCEMENTS

*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.

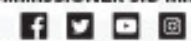
Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

o Vegetable of the day

This institution is an equal opportunity provider



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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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.

