

# 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

**HOLIDAY**

4

Chicken Nuggets  
Mashed Potatoes  
Green Beans  
Mandarin Oranges  
Milk

5

Spaghetti w/Meat sauce  
Breadstick  
Steamed Corn  
Chopped Salad  
Mixed Fruit, Milk

6

Taco Soup  
Fritos  
Baby Carrots  
Pudding  
Banana  
Milk

7

Hamburger or  
Cheeseburger  
Baked Fries  
Burger Salad  
Fruit Cups  
Milk

1

Toasted Ham  
Sandwich  
Tater Tots  
Shred Lettuce  
Assorted Fruit  
Milk

8

Pizza  
Cheesy Broccoli  
Veggie Tray  
Peaches  
Milk

11

Chicken & Rice  
Roll  
Green Beans  
Buttered Potatoes  
Mandarin Oranges  
Milk

12

Crunchy Taco  
Chili Beans  
Shred Lettuce  
Blue berry Apple  
Sauce  
Milk

13

Lasagna  
Breadstick, Corn  
Salad/tomato  
Assorted Fruit  
Strawberry  
Shortcake, Milk

14

Hot Dogs Chili  
Or Cheese  
Sliced cucumbers  
Tots or Fries  
Apple  
Milk

15

**HOLIDAY**

18

Steak Fingers  
Roll, Gravy  
Mashed Potatoes  
Green Beans  
Pears  
Milk

19

Chili Mac  
Seasoned Corn  
Garden Salad  
Pineapple Tidbits  
Milk

20

Chicken Fajita  
Spanish Rice  
Refried Beans  
Shred Lettuce  
Grapes, Milk

21

Pulled Pork  
Sandwich  
Baked Fries  
Baby Carrots  
Orange, Milk

22

Beef Nachos  
Refried Beans  
Fresh Veggies  
Mixed Fruit  
Milk

25

Chicken Noodle  
Soup, Grilled  
Cheese Sandwich  
Salad, Baby  
Carrots, Milk

26

Sausage/Pancake  
Hash brown  
Baked Pork &  
Beans  
Apple Sauce, Juice  
Milk

27

Chicken Spaghetti  
Breadstick, Corn  
Salad w/tomato  
Fresh Fruit  
Milk

28

**GOOD EATS AT**

WESTPHAILIA  
ISD

BREAKFAST  
SERVING TIME  
7:15 - 7:45

**SPECIAL ANNOUNCEMENTS**

**BREAKFAST**

MONDAY: Mini Pancake  
Tuesday: French Toast Sticks  
Wednesday: Sausage Biscuit  
Thursday: Pop Tart  
Friday: Cinnamon Roll

Every day Cereal, Fruit, Juice and Milk are offered.



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

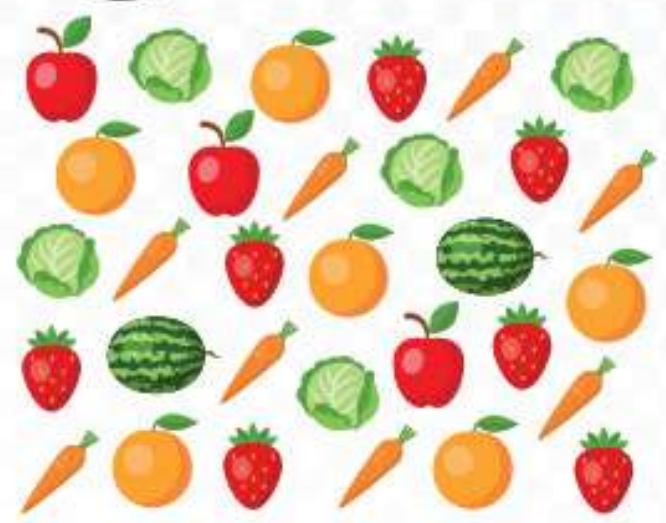
- 'Ruby Red' was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a 'Pink Marsh' tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of the orange and a pummelo.

### RUBY RED BEAM'S FAVORITE ACTIVITIES

#### Softball

### HOW MANY?

Count the correct number of each fruit or vegetable below.

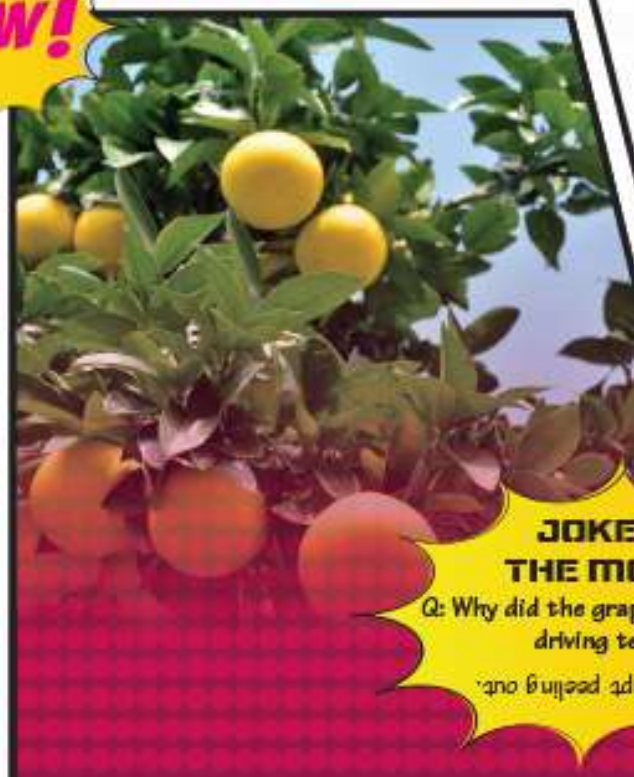


	_____		_____
	_____		_____
	_____		_____

**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.

