

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 4TH
squaremeals.org/artcontest

GOOD EATS AT

REFUGIO INDEPENDENT SCHOOL DISTRICT

SPECIAL ANNOUNCEMENTS

Biscuit w/Gravy or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **4**

French Toast Sticks or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **5**

Sausage & Egg on a Bun Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **6**

Breakfast Pizza or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **7**

Blueberry Muffin or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **8**

Pancake Wrap Up or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **11**

Waffles & Sausage Or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **12**

Pancakes & Sausage or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **13**

Breakfast Pizza or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **14**

Cinnamon Roll or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **15**

Staff Development
No School **18**

Pancakes & Sausage or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **19**

Ham & Egg on a Bun Or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat Free Chocolate **20**

Breakfast Pizza or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **21**

Blueberry Muffin or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **22**

Pig in a Blanket Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat Free Chocolate **25**

French Toast Sticks or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **26**

Breakfast Taco (Potato or Ham) Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **27**

Breakfast Pizza or Assorted Cereal w/Graham Crackers Fruit
Juice: Apple or Orange Milk: 1% White or Fat-Free Chocolate **28**

Assorted breakfast cereal is reduced or low sugar and may include: Cinnamon Toast Crunch, Cocoa Puffs, Honey Nut Cheerios or Fruit Loops.

Fruit: May be fresh, canned or frozen

Breakfast Meal Pricing:
Staff Breakfast: \$2.40
Visitor Breakfast: \$2.40

BREAKFAST MENU SUBJECT TO CHANGE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA. 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.



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.

