

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

BBQ Rib Sandwich
Ranch Style Beans
Seasoned Corn
Fruit **1**

Chicken Strips
Mashed Potatoes
w/Gravy
Green Beans
Fruit **4**

Chili Mac
W/G Roll
Broccoli
Fruit **5**

Pepperoni Pizza
Corn
Mini Carrots
w/Ranch Dressing
Fruit **6**

Twin Tacos
Spanish Rice
Lettuce, Tomato &
Cheese
Fruit **7**

Cheeseburger
Baked Beans
Tater Tots
Burger Salad
Fruit **8**

Salisbury Steak
W/G Roll
Mashed Potatoes
Seasoned Steamed
Broccoli
Fruit **11**

Spaghetti w/meat
sauce
Green Beans
Garlic Breadstick
Fruit **12**

Pepperoni Pizza
Corn
Mini Carrots
w/Ranch Dressing
Fruit **13**

Chrispitos
w/ Cheese
Steamed Broccoli
Garden Salad
Fruit **14**

Country Steak
Sandwich
Baked Beans
SunChips
Fruit **15**

No School

18

Beef Ravioli
Garlic Breadstick
Seasoned Sliced
Carrots
Fruit **19**

Pepperoni Pizza
Corn
Mini Carrots
w/Ranch Dressing
Fruit **20**

Chicken Fajita
Soft Taco
Spanish Rice
Garden Salad
Fruit **21**

Pulled Pork
Sandwich
Baked Beans
Baked Chips
Fruit **22**

Chicken Tenders
w/Gravy
Macaroni & Cheese
Seasoned Broccoli
Fruit **25**

Chicken Spaghetti
Garlic Breadstick
Seasoned
Green Peas
Fruit **26**

Pepperoni Pizza
Corn
Mini Carrots
w/Ranch Dressing
Fruit **27**

Burrito
w/Chili and Cheese
Seasoned
Green Beans
Garden Salad
Fruit **28**

**GOOD
EATS AT**

**REFUGIO
INDEPENDENT
SCHOOL
DISTRICT**

**SPECIAL
ANNOUNCEMENTS**

Fun Lunch Days:

- Monday:** Cheeseburger w/Baked Chips
- Tuesday:** Corn Dog w/Baked Chips
- Wednesday:** Ham and Cheese Sandwich w/Baked Chips
- Thursday:** Hot Dog w/Baked Chips
- Friday:** Chicken Burger w/Baked Chips

Offered daily:

1% white milk or FF Chocolate Milk
Fruit: May be fresh, canned or frozen

Lunch Meal Pricing:
Staff Lunch: \$3.75
Visitor Lunch: \$4.50

MENU SUBJECT TO CHANGE



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.

