

APRIL



Special Announcements

*Milk – Whole/2% - children ages 1-2
1%/Skim – children ages 2 and older



Monday

Tuesday

Wednesday

Thursday

Friday

3

B: Cheerios, Peaches, Milk
L: Hamburger, Carrots, Grapes, WG Bun, Milk
S: WG Goldfish, Apple

4

B: WG Waffle, Orange Slices, Milk
L: Grilled Cheese, Tomato Soup, Pears, Milk
S: Cheese Stick, Pretzels

5

B: Bagel, Blueberries, Milk
L: Eggs, Hash Brown, Strawberries, Milk
S: Tortilla Chips, Salsa

6

B: WG Toast, Banana, Milk
L: Chicken Patty, Sweet Potato Fries, Apple, Roll, Milk
S: Cucumber, crackers

7

B: Pancake, Blueberries, Milk
L: Meatballs, Spaghetti Sauce, Spinach Salad w/ Dressing, Spaghetti, Milk
S: Pretzels, Strawberries

10

B: Kix, Banana, Milk
L: Turkey Wrap, Lettuce/tomato, Applesauce, Milk
S: Cheese Slice, Wheat Thins

11

B: Biscuit w/ Jelly, Orange Slices, Milk
L: HM Cheese Pizza, California Blend Veg, Pineapple, Milk
S: Apple Slices, Peanut Butter

12

B: BlueBerry Muffin, Mixed Fruit, Milk
L: Cheeseburger, Harvard Beets, Grapes, Milk
S: Animal Crackers, Milk

13

B: Rice Chex, Apple Juice, Milk
L: Cheese Stick, Carrot Sticks, Peaches, Chicken Rice Soup, Milk
S: Turkey Slice, Cracker

14

B: English Muffin, Pears, Milk
L: Fish Sticks, Peas, Grapes, Mac-n-cheese, Milk
S: Hard-Boiled Egg, Grapes

17

B: Cream of Wheat, Peaches, Milk
L: Ham, Oven Fries, Cantalope, WG Roll, Milk
S: Soft Pretzel, Pomegranate

18

B: Cheerios, Banana, Milk
L: PB&J w/WG Bread, Hard-Boiled Egg, Pears, Sugar Snap Peas, Milk
S: Yogurt w/ Fresh Berries

19

B: WG Toast, Berries, Milk
L: **Tuna Sammies**, Carrot Sticks, Applesauce, Milk
S: Goldfish, Cantalope

20

B: Pancake, Pears, Milk
L: Chicken Nuggets, green beans, grapes, WG Roll, Milk
S: Veggies w/ Hummus Dip

21

B: Rice Chex, Apple Juice, Milk
L: Turkey Sandwich w/ WG Bread, Vegetable Soup, Grapes, Milk
S: Crackers, Cheese

24

B: Bagel, Mandarin Oranges, Milk
L: Roasted Chicken, Mashed Potatoes, Corn, WG Roll
S: Crackers, Peanut Butter

25

B: English Muffin, Grapes, Milk
L: HM Baked Mac N Cheese, Orange Slices, Pepper Strips, Milk
S: Mixed Fruit, Milk

26

B: Cheerios, Cran-apple Juice, Milk
L: Chicken, Watermelon, Let/Tom, WG Roll, Milk
S: Kiwi, Breadsticks

27

B: Cream of Wheat, Pears, Milk
L: Stir Fry Chicken, Broccoli, Snow Peas, Rice
S: Granola, Yogurt

28

B: Rice Krispies, Strawberries, Milk
L: Taco Ground Beef, Lettuce/Tomato, Mixed Fruit, Taco Shell
S: Cheese Stick, Grape



ANNUAL STUDENT ART CONTEST CONTINUES!
SEND US YOUR MOST CREATIVE
DRAWINGS AND CREATIONS!
VISIT SQUAREMEALS.ORG/ARTCONTEST FOR MORE DETAILS.

Good Eats At:

Tuna Sammies-link

Beets

Listen to the Beet! Beets are another root vegetable with dark green leaves. The most common beets are red, but they also come in white, yellow, and even striped colors! Beets grow well during spring and fall because they like cool temperatures. They are great for small gardens because they do not need a lot of space to grow.

In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

Potassium: Beets are rich in potassium, which helps your muscles and heart stay healthy.

Growing Regions: High Plains, Rio Grande Valley and Winter Garden

Pomegranates

A pomegranate is a larger fruit about the size of a grapefruit and is similar in color to a red apple. The word pomegranate comes from French and Latin words that when read together mean "apple with many seeds." Every pomegranate is filled with hundreds of edible seeds surrounded by covers called arils. The seeds and arils are the edible parts of the fruit and can be red, pink, purplish, or white.



Pomegranate plants can be shrubs or small trees, and once planted take three to four year to start producing fruit. Once the plant matures it can start producing upwards of 200 pomegranates annually.

Growing Regions: East Texas, Rio Grande Valley and Winter Garden

Visit: SquareMeals.org/SeasonalityWheel

MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

Did You Know?

According to the Guinness World Records the heaviest beet in the world...

23 5 9 7 8 5 4 15 22 5 18

6 9 6 20 25 15 14 5

16 15 21 14 4 19 !



Joke of the Month

Q. Why couldn't the kid finish the race?
see answer below.



Growing Regions



John Krewer. He was just a little beet. It escaped, weighed over 145 one pound!