

FEBRUARY

2019



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

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**ART
CONTEST
BEGINS**

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

**GOOD
EATS AT**

New Home ISD
Lunch Menu

**SPECIAL
ANNOUNCEMENTS**

Chicken Fried Steak
Or
Meatloaf
Or
Chef Salad
Mashed Potatoes
Okra
Roll
Strawberries **4**

Meat & Chalupa
Or
Chicken Enchilada
Or
Chef Salad
Salsa
Zesty Cucumbers
Beans
Lettuce/Tomato Garnish
Applesauce **5**

Chicken Tenders
Biscuits / Gravy
Or
Hamburger/Cheeseburger
Hamburger Garnish
Or
Chef Salad
Broccoli
Sweet Potatoes Fries
Mixed Fruit
Crispy Cereal Treat **6**

Chicken Spaghetti
Breadsticks
Or
Pizza Choice
Or
Chef Salad
Garden Salad
Carrots
Apple Slices **7**

Pizza Choice
Or
Grilled Cheese Soup
Or
Chicken Salad
Carrots
Crunchy Broccoli Salad
Fresh Seasonal Fruit
Brownie **1**

Shrimp Poppers
Mac & Cheese
Or
BBQ on a Bun
Or
Chef Salad
Coleslaw
Savory Green Beans
Orange Smiles **8**

Texas Basket
(Steak Finger, fries, toast)
Or
Hamburger/Cheeseburger
Hamburger Garnish
Oven Fries
Or
Chicken Salad
Fresh Veggie Cup
Mixed Fruit **11**

Tex Mex Stack
Or
Chicken Fajitas
Or
Chicken Salad
Beans
Tiny Tomato Cup
Salsa
Lettuce/Tomato
Peaches **12**

Chicken Alfredo
Breadstick
Or
Pizza Pocket
Marinara Sauce
Or
Chicken Salad
Tuscan Vegetables
Garden Salad
Hot Cinnamon Apples
Cookie **13**

Ranchero Wrap
Or
Country Pot Pie
Or
Chicken Salad
Broccoli
Fresh Veggie Cup
Snowball Salad **14**

Chicken Bowl
Or
Breaded Pork Chop
Or
Chicken Salad
Savory Green Beans
Roll
Apple Slices **15**

NO
SCHOOL **18**

Enchiladas
Or
Taqitos
Queso
Or
Caribbean Salad
Fresh Seasonal Fruit
Fruit Crisp **19**

Meatball Sub Sandwich
Tator Tots
Or
Chili Cheese Combo
Or
Caribbean Salad
Fresh Veggie Cup
Mixed Fruit **20**

Pizza Choice
Corn
Or
Fiesta Bowl
Or
Chef Salad
Tiny Tomato Cup
Fruity Gelatin **21**

Hamburger/Cheeseburger
Hamburger Garnish
Or
Frito Pie
Lettuce/Tomato
Or
Chef Salad
Cucumber Slices
Carrots
Cinnamon Applesauce
Cookie **22**

Steak Fingers
Gravy
Roll
Or
Roast Beef Sandwich
Or
Santa Fe Salad
Mash Potatoes
Carrot Coins
Strawberries & Bananas **25**

Spaghetti Bowl
Breadstick
Or
French Bread Pizza
Or
Santa Fe Salad
Garden Salad
California Blend Vegetables
Fruit Cup
Chocolate/Vanilla Pudding **26**

Boneless Chicken Wings
Or
Texas Chili
Or
Santa Fe Salad
Celery Sticks
Carrots
Cornbread
Orange Smiles
Brownie **27**

Mexican Combo Plate
(1 Taco, 1 Tamale)
Or
Chicken Quesadilla
Or
Santa Fe Salad
Corn
Beans
Salsa
Lettuce/Tomato Garnish
Fresh Seasonal Fruit **28**

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Breakfast Sandwich
Or
Muffins
Fruit
Fruit Juice
Milk
1

GOOD EATS AT

New Home ISD.
Breakfast Menu
(Students eat Free)

Waffles /Bacon
or
Cereal/Toast
Fruit
Fruit Juice
Milk 4

Cinnamon Rolls\Sausage
Or
PBJ
Fruit
Fruit Juice
Milk 5

Breakfast Pizza
Or
Breakfast Parfait
Fruit Juice
Fruit
Milk 6

Breakfast Taquito
Or
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 7

Biscuit, Gravy.
Scrambled Eggs
Or
Muffins
Fruit
Fruit Juice
Milk 8

SPECIAL ANNOUNCEMENTS

Sausage Biscuit
Or
Muffin
Fruit
Fruit Juice
Milk 11

Breakfast Combo
Or
Cereal Bar/Yogurt
Fruit
Fruit Juice
Milk 12

Chicken-n-Waffles
Or
Breakfast Parfait
Fruit
Fruit Juice
Milk 13

Pancakes/Sausage
Or
Breakfast Crackers
Cheese Stick
Fruit Juice
Fruit
Milk 14

Dutch Waffle
Bacon
Or
Cereal/Toast
Fruit Juice
Fruit
Milk 15

NO SCHOOL
18

BREAKFAST PIZZA
OR
Cereal/Toast
Fruit Juice
Fruit
Milk 19

Chicken-n- Biscuit
Or
PBJ
Fruit Juice
Fruit
Milk 20

Sausage Kolache/Yogurt
Or
Cereal Bar/Yogurt
Fruit Juice
Fruit
Milk 21

Biscuit /Sausage
Or
Breakfast Round
Yogurt
Fruit Juice
Fruit
Milk 22

Pancakes
Bacon
Or
Breakfast Round
Fruit
Fruit Juice
Milk 25

Sunrise Sandwich
Or
Breakfast Strudel
Cheese Stick
Fruit Juice
Fruit
Milk 26

French Toast
Sausage
Or
Cereal Variety/Toast
Fruit Juice
Fruit
Milk 27

Oatmeal
Cinnamon Toast
Or
PBJ
Fruit Juice
Fruit
Milk 28

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.

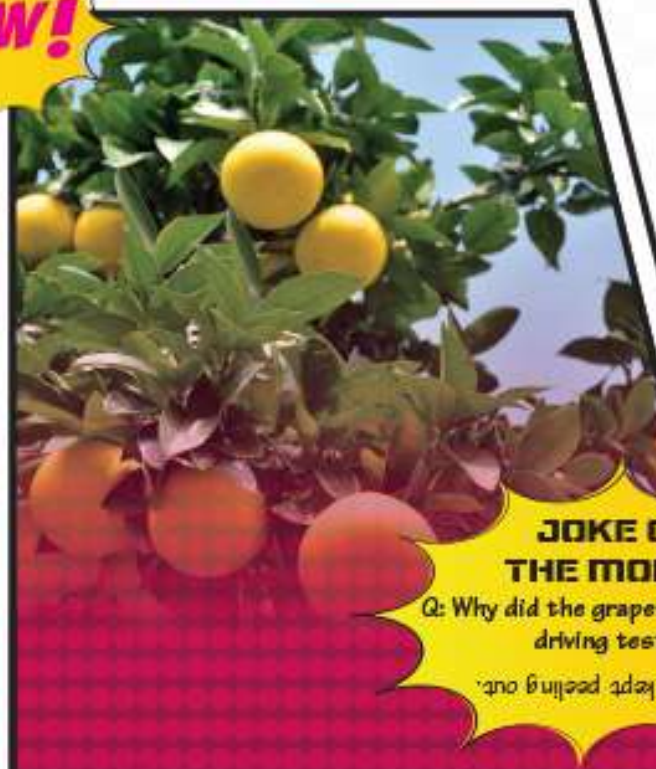


	_____		_____
	_____		_____
	_____		_____

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.

