



APRIL
2017



Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
3. Sausage Kolache	4. Omelet Wrap	5. Breakfast Pizza	6. Waffles/Sausage	7. Cinnamon Roll
Country Fried Steak Mashed Potatoes Savory Green Beans Strawberry Cup Roll Milk Variety	Meat & Cheese Tostadas Salsa, Cucumbers Refried Beans Rosy Applesauce Milk Variety	Pizza Choice Garden Salad Vegetable Medley Orange Smiles Milk Variety	Frito Pie Baby Carrots Corn, Salsa Peaches, Cookie Milk Variety	Chicken Strips Texas Toast, Gravy Coleslaw Sweet Potato Fries Apple Slices Milk Variety
10. Pancakes/Bacon	11. Sunrise Sandwich	12. Biscuit, Gravy ,Eggs	13. Oatmeal, Toast	14.
Stuffed Baked Potato Roll, Baked Beans Broccoli Bites Pineapple Milk Variety	Nacho Grande Refried Beans Cucumber Dippers Tomato Cup, Pears Sherbet Cup Milk Variety	Chicken Sandwich Corn Fresh Veggie Cup Mandarin Oranges Milk Variety	Salisbury Steak Biscuit, Brown Gravy Roasted potatoes Garden Salad Fruity gelatin Milk Variety	No School
17.	18. Chicken-n- Biscuit	19. French Toast	20. Breakfast Pizza	21. Dutch Waffle
No School	Asian Bowl, Eggroll Baby Carrots Steamed Broccoli Pineapple Cookie Milk Variety	Tex-Mex Stack Refried Beans, Salsa Tomato Cup Hot Cinnamon Apples Milk Variety	Hamburgers Garnish Oven Fries Fresh Veggie Cup Orange Smiles Milk Variety	Pulled Pork Sliders Multigrain Chips Coleslaw Green Beans Apple Slices Milk Variety
24. Pancakes/Sausage	25. Breakfast Pizza	26. Biscuit, Egg Sausage	27. Sausage Kolache	28. Egg Sandwich
Steak Fingers Gravy, Roll Mashed Potatoes Carrot Coins Strawberries Milk Variety	French Bread Pizza Garden Salad California Blend Vegetables Peaches, Pudding Milk Variety	Chicken Quesadilla Corn Charro Beans Salsa Cinnamon Applesauce Milk Variety	Texas Chili Cornbread Broccoli Bites Tomato Cup Orange Smiles Milk Variety	Popcorn Chicken Roll, Oven Fries Cucumber Dippers Fruit, Cookie Milk Variety
	This Institute is an Equal Opportunity Provider		Breakfast- We offer juice, milk, and water. Lunch – We offer milk and water.	

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

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



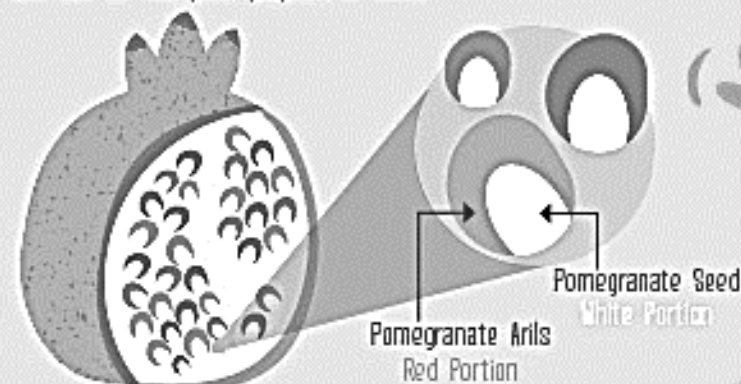
Joke of the Month

Q. Why couldn't the kid finish the race?

see answer below

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



Growing Regions

Visit: SquareMeals.org/SeasonalityWheel