

APRIL



Special Announcements

BOBCATS

may choose One of Two Different Entree's daily.

Menu subject to change without notice due to product availability.



Monday

Tuesday

Wednesday

Thursday

Friday

3 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

4 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit, Assorted Jelly

5 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

6 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit, Assorted Jelly

7 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

10 Sausage Biscuit/ (Gravy in cafeteria) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

11 Yogurt & Graham Cracker Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

12 Waffle, Eggo Mini Cinna Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

13 Burrito, Breakfast Salsa in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

14 Holiday

17 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

18 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit, Assorted Jelly

19 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

20 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit, Assorted Jelly

21 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

24 Sausage Biscuit/ (Gravy in cafeteria) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

25 Yogurt & Graham Cracker Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

26 Waffle, Eggo Mini Cinna Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

27 Burrito, Breakfast Salsa in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

28 Oatmeal, with Toast/ or Cereal Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1%, White Juice Fresh Fruit, Assorted Jelly



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

Good Eats At:

Fruitvale I.S.D.

Breakfast

HS-12th

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.

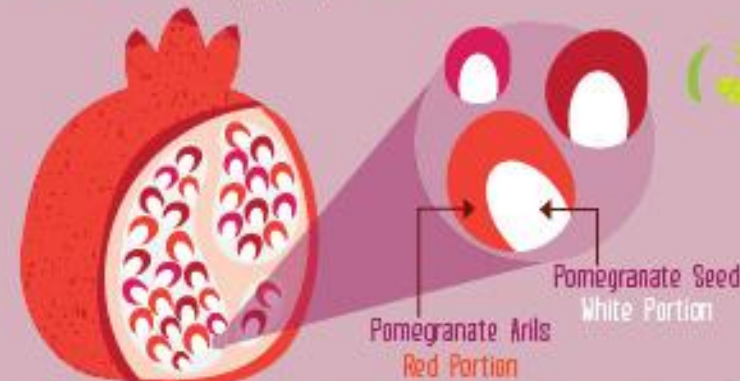
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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. If message, weighed over 145 one pound!