

APRIL



Special Announcements

2nd Tray Line - Choose from several choices-
 \$ 5.00 - NACHO, CHEESE CRISPITO, FRITO PIE, CHEF SALAD, BAKED POTATO, CHILI CHEESE FRIES, ETC.....
 \$3.00- PRETZEL
 \$2.00- PARFAIT

BOBCATS ROCK!!!!

Menu subject to change without notice due to product availability.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese OR Pepperoni Pizza Baked Chicken Dinner Roll/Bread Spinach Strawberry Salad Cauliflower w/ Cheese Apple Crisp Diced Pears Milk	4 Beef/ Bean Burrito Nacho/Beef Season Corn Toss Salad Brown Rice Craisins Mandarin Oranges Milk----Ranch, Ketchup	5 Chicken Tenders/ Gravy Corn Dog Green Beans Mashed Potatoes Dinner Roll/Bread Strawberries Diced Peaches Milk	6 Spaghetti w/ Meat Quesadilla Black Eye Peas Zucchini Squash Garlic Toast Pineapple Chunks Apple Sauce Cinn Milk	7 Hamburger Chef Salad French Fries or/ Tatar Tots Carrots Mixed Fruit /Topping Side Kick Milk----Ketchup, Mayo, Mustard
10 Cheese Pizza Chicken Fried Steak/ gravy Seasoned Peas Carrots Banana Pineapple Tidbits Milk, Ketchup	11 Nacho/Beef Cheese Stix /Marinara Pinto Beans Roasted Peppers/onions Brown Rice Diced Pears Pineapple Chunks Milk	12 Crispito Chicken Fajita Mixed Vegetable Yellow squash Mixed Fruit Sliced Peaches Milk----Ketchup	13 BBQ Stuffed Potato Chicken Nuggets Broccoli/ Cheese Season Corn Green Apples Orange Dinner Roll/Bread Milk-----Ketchup	14 Holiday
17 Salisbury Steak/ brown gravy Cheese Pizza Seasoned Corn Salad Baked Apples Banana Milk	18 Fish with Dinner Roll Tamales Mac & Cheese Sunset Veggie juice Three Bean Salad Apple sauce Cinn. Strawberries Milk Salsa, Ranch, Ketchup	19 Chicken Rings /Gravy Steak on Bun Green Beans Mashed Potatoes Gelatin/Mixed Fruit Craisins Milk Mayo, Mustard,	20 Nacho/Beef Pepperoni Pizza Brown Rice Salad Cherry Tomatoes Peach Halves Pears Milk	21 Hamburger Hot Dog Baked Beans French Fries or/Tatar Tots Side Kicks Mixed Fruit/Topping Milk, Mayo, Mustard, Ketchup
24 Sloppy Joe on Bun Cheese Pizza Broccoli Salad Italian Vegetable Apple Banana Milk, Mayo, Mustard	25 Cheese Enchilada Chicken Sandwich Cherry Tomatoes Refried Beans Sliced Pears Diced Peaches Salsa Milk—Mayo, Mustard	26 Steak Fingers/Gravy Beef Teriyaki Salad Baby Bakers Dinner Roll/Bread Orange Mixed Fruit Milk, Ketchup, salsa	27 Zesty Orange Chicken Macaroni/ Beef pasta Imperial Blend Vegetables Lima Beans Brown Rice Pineapple Tidbits Sliced Peaches	28 Hamburger Burger/ Cheese Taco Salad Tatar Tots or/ French Fries Raw Carrots Side Kick Mixed Fruit/ Topping Milk Ketchup, Mayo,



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

Good Eats At:

Fruitvale ISD

H-12th

Lunch

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.

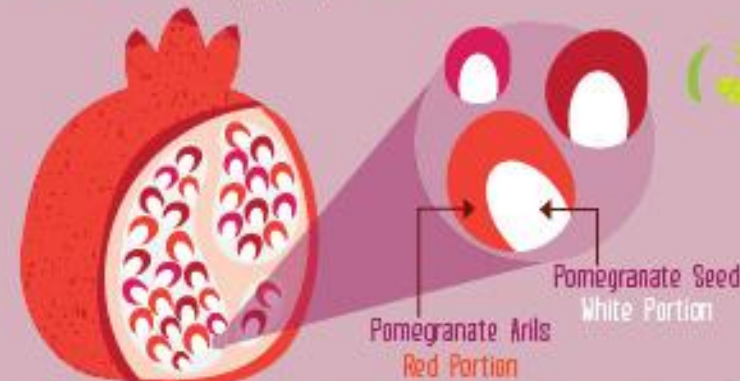
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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



Joke Answer: He was just a little beet.
If message, weighed over 145 one pound!