



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

FEBRUARY

2019

GOOD EATS AT

NEWCASTLE ISD

SPECIAL ANNOUNCEMENTS

Menu is subject to change.

Served Daily:
Variety of Milk
Variety of Juice
Variety of Cereal

M **T** **W** **TH** **F**

ART CONTEST BEGINS

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

Breakfast: Sausage Kolache
Lunch: Breaded Drumstick Biscuit, Corn Fruit 4

Breakfast: Breakfast Taquito
Lunch: Tacos, Beans Salad, Fruit 5

Breakfast: Waffles
Lunch: Chicken Nuggets Mashed Potatoes Fruit, Roll 6

Breakfast: Breakfast Pizza
Lunch: Hamburger Fries, Fruit 7

Breakfast: French Toast
Lunch: Chicken Parmesan Breadstick, Salad 8

Breakfast: Breakfast Burrito
Lunch: Nachos, Salad Fruit, Beans 11

Breakfast: Pancakes
Lunch: Corn Dogs Tater Tots, Baked Beans, Fruit 12

Breakfast: Power Breakfast
Lunch: Asian Bowl Eggroll, Salad 13

Breakfast: Sauasgae Kolache
Lunch: Chicken Sandwich Fries, Fruit 14

Breakfast: Breakfast Sandwich
Lunch: Pizza Choice Carrots, Broccoli Fruit 15

NO SCHOOL 18

Breakfast: Waffles
Lunch: Country Fried Steak Mashed Potatoes Okra, Roll 19

Breakfast: Scrambled Eggs
Lunch: Chalupas, Salad Beans, Fruit 20

Breakfast: Breakfast Taquito
Lunch: Chicken Tenders Biscuit, Fries 21

Breakfast: Breakfast Pizza
Lunch: BBQ on a Bun Coleslaw, Green Beans, Fruit 22

Breakfast: Sausage Biscuit
Lunch: Hamburger, Fries Veggies, Fruit 25

Breakfast: Breakfast Burrrito
Lunch: Chicken Fajitas Beans, Fruit 26

Breakfast: Chicken~N~Waffles
Lunch: Pizza Pocket Veggies, Salad Fruit 27

Breakfast: Breakfast B
Lunch: Ranchero Wrap Salad, Fruit, Beans 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.

