

APRIL



Special Announcements

April 12: Field Day
 April 13 : Student Holiday
 April 20: Spring Fest

Variety of milk served with each Breakfast and Lunch
 Choice of cereal, Graham Crackers, Juice and Fruit served with each Breakfast
 Menu Subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chic Fried Steak Chic Strips Mashed Potatoes Broccoli Wheat Roll Apple Sauce</p> <hr/> <p>Waffles</p>	<p>4 Spaghetti w/meat sauce Hot Pockets Green Beans Cucumber Slices Romaine Salad Peaches</p> <hr/> <p>Mini Corn Dogs</p>	<p>5 Chalupas SausageWrap Spanish Rice Pinto Beans Lettuce / Tomato Pineapple Tidbits</p> <hr/> <p>Cinnamon Rolls</p>	<p>6 Pizza Tortillas Wrap Corn Baby Carrots Bread Stix Fresh Fruit</p> <hr/> <p>Breakfast Pizza</p>	<p>7 Seahawk Burger Fish Burger French Fries Romaine Salad Bread Stix Raisins</p> <hr/> <p>Biscuits & Sausage</p>
<p>10 Baked Chic Steak Fingers Mashed Potatoes Broccoli Cucumber Slices Wheat Roll Pear Cup</p> <hr/> <p>Blueberry Muffins</p>	<p>11 Frito Pie Corn Dogs Romaine Salad Baked Beans Pickle Spears Peach Cups</p> <hr/> <p>Biscuit & Sausage</p>	<p>12 Pizza Ham & Cheese Sub Romaine Salad Carrots Green Beans Bread Stix Fresh Fruit</p> <hr/> <p>Breakfast Pizza</p>	<p>13</p> <p>STUDENT HOLIDAY</p>	<p>14</p> <p>Easter Holiday</p>
<p>17</p> <p>Easter Holiday</p>	<p>18 Hot Dogs Pizza Pocket Baby Carrots Pickle Spears Baked Beans Peach Cup</p> <hr/> <p>French Toast</p>	<p>19 Crispy Beef Tacos Fiesta Bowl Pinto Beans Spanish Rice Lettuce/ Tomato Pineapple Tidbits</p> <hr/> <p>Cinnamon Rolls</p>	<p>20 Chic Burger Steak Burger Potato Rounds Burger Salad Cucumber Slices Fresh Fruit</p> <hr/> <p>Mini Corn dogs</p>	<p>21 Pizza Tortilla Wrap Green Beans Romaine Salad Bread Stix Pear Cup</p> <hr/> <p>Potato & Egg Taco</p>
<p>24 Chic Fried Steak Salisbury Steak Mash Potatoes Broccoli Cucumber Slices Roll / Fruit Mix</p> <hr/> <p>Pancakes</p>	<p>25 Spaghetti w/meat sauce Poor Boys Green Beans Romaine Salad Garlic Stix Peach Cups</p> <hr/> <p>Biscuit & Sausage</p>	<p>26 Chalupas Chic Fajita Taco Spanish Rice Romaine Salad Baby Carrots Pineapple Tidbits</p> <hr/> <p>Mini Corn Dogs</p>	<p>27 Pizza Corn Dogs Romaine Salad Green Peas & Carrots Bread Stix Pears</p> <hr/> <p>Bacon & Egg Taco</p>	<p>28 Hamburger Chic Burger Potato Rounds Burger Salad Fresh Fruit</p> <hr/> <p>Pigs-in-the- blanket</p>



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

Good Eats At:

RIVIERA LUNCHROOM

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.

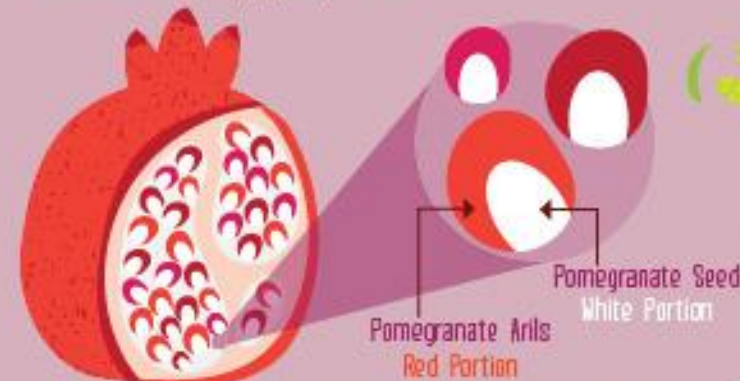
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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. It escaped, weighed over 140 one pound!