

# APRIL



## Special Announcements



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

4  
Chicken Nuggets  
French Fries  
Sliced Pears  
Blue Jello  
Gogurt  
Steamed Broccoli  
Corn

5  
Nachos  
Let/tom/sc/jalepeno  
Baby Carrots  
Cucumber Slices  
Stawberries  
Watermelon

6  
Chciken Strips w/ gravy  
Texas Toast  
Mashed Potato  
Green Beans  
Corn  
Strawberries  
Orange Wedges  
Brownies

7  
Taco Salad w/ ground beef  
Refried Beans  
Mexican Rice  
Green Beans  
Corn  
Pineapple Rings  
Yogurt  
Churros

8  
Cheese Pizza  
Tossed Salad w/ cheese  
Baby carrots  
Corn  
Applesauce  
Sliced Peaches

10  
Cheeseburgers  
Let/tom/pickle  
Tatot Tots  
Seasoned Corn  
Mixed Veggies  
Pears  
Apple Wedges

11  
Sausage Wraps  
Baked Beans  
Mac n Cheese  
Broccoli  
Strawberries  
Green Grapes

12  
Hotdogs  
Chips  
Mixed Fresh Veggies  
Celery Sticks with Ranch  
Applesauce  
Red and Green Grapes

13

14  
Good Friday

17  
Easter Monday

18  
Soft Tacos  
Mexican Rice  
Refried Beans  
Tossed Salad with cheese  
Cucumber Slices  
Baby Carrots  
Pineapple  
Fruit Salad

19  
Chicken Sandwich  
Let/tom/pickle  
Seasoned Potato Wedges  
Corn on the Cob  
Baby Carrots  
Gogurt  
Apricots

20  
Boneless BBQ wings  
Sweet peas  
Corn  
Celery w/ ranch  
Strawberries and  
Watermelon  
Grapes

21  
Quesadillas  
Tossed Salad with  
Cheese  
Mixed Fresh Veggies  
Pineapple Rings  
Assorted Yogurt  
Choc. Chip Cookies

24  
Fish Sticks  
Coleslaw  
Steamed Seasonal  
Veggies  
Orange Wedges  
Kiwi

25  
Meatball Sandwich  
Oven Potatoes  
Green Beans  
Fresh Fruit  
Applesauce

26  
Pepperoni Calzone  
Tossed Salad  
Mixed Fresh Veggies  
Yogurt  
Apricots  
Oranges

27  
Chicken Spaghetti  
French Bread  
Broccoli and Cheese  
Steamed Veggies  
Red Grapes  
Watermelon

28  
Cheese Enchiladas  
Mexican Rice  
Beans a la Charra  
Tossed Salad  
Celery Sticks  
Apple Wedges  
Sliced Peaches



ANNUAL STUDENT ART CONTEST CONTINUES!  
SEND US YOUR MOST CREATIVE  
DRAWINGS AND CREATIONS!  
VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST) FOR MORE DETAILS.

### Good Eats At:

---

# 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.

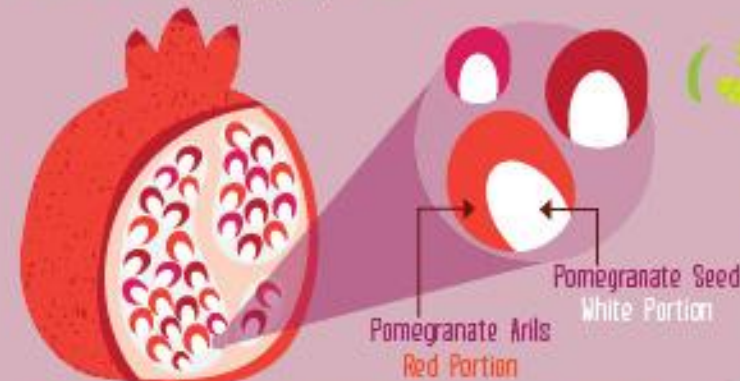
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

**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](http://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!