

APRIL



Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pepperoni Pizza Cheese Breadsticks Green Beans Carrots Pineapple Tidbits Oranges	4 Fish Sticks Chicken Tetrzzini French Fries Broccoli Seasonal Fruit	5 Chicken Tenders Country Fried Steak Green Peas Mashed Potatoes Seasonal Fruit	6 Nachos Enchiladas Buttered Carrots Romaine Salad Seasonal Fruit	7 Hamburgers Chicken Sandwich Baked Beans French Fries Apples Sidekicks
10 Cheese Pizza Calzone Broccoli Squash Seasonal Fruit	11 Chicken Nuggets Steak Fingers Mashed Potatoes Cooked Carrots Seasonal Fruit	12 Nachos Crispitos Refried Beans Carrots Seasonal Fruit	13 Cheeseburger Corn Dog Baked Beans French Fries Mixed Fruit Side Kicks	14
17	18 Pepperoni Pizza Lasagna Rolls Green Beans Carrots Pineapple Tidbits Oranges	19 Salisbury Steaks Chicken Rings Spinach Baked Squash Seasonal Fruit	20 Nachos Enchiladas Carrots Corn Seasonal Fruit	21 Cheeseburger Chicken Sandwich Baked Beans French Fries Pears Sidekicks
24 Cheese Pizza Calzone Broccoli Corn Seasonal Fruit	25 Chicken Tenders Chili Green Peas Carrots Seasonal Fruit Mexican Rice	26 Orange Chicken Beef Dippers Green Beans Corn on the cob Pineapple Tidbits Raisals Fried Rice	27 Nachos Quesadillas Refried Beans Cauliflower Seasonal Fruit	28 Cheeseburger Mini Corn Dogs Baked Beans French Fries Sidekicks



ANNUAL STUDENT ART CONTEST CONTINUES!
 SEND US YOUR MOST CREATIVE
 DRAWINGS AND CREATIONS!
 VISIT 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.

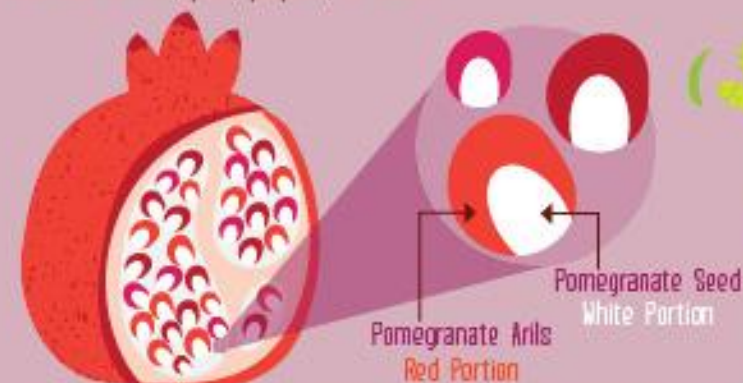
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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

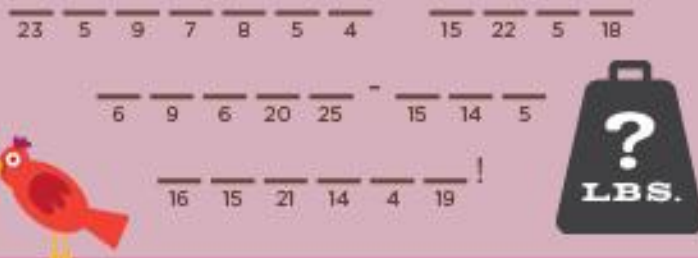
Activities

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...



Joke of the Month

Q. Why couldn't the kid finish the race?
see answer below.



Growing Regions



John Krenner. He was just a little beet.
He was weighed over 114 one pounds!