

APRIL



Special Announcements

Daily Offerings: 1% Plain, FF
Chocolate Milk and Fruit

Menu Subject To Change



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese OR Pepperoni Pizza Steamed Corn Broccoli FF Ranch	4 TSO Chicken OR Hot Dog WG Rice Oriental Blend Veg Romaine Salad Fortune Cookie FF Ranch	5 Chick Nuggets OR Chick Fried Steak Mashed Potatoes Green Beans WG Roll WG Cookie Gravy	6 Burrito/ Chili Sauce OR Corn Dog Pinto Beans Carrots Spanish Rice FF Ranch	7 Hamburger OR Chick Sandwich Curly Fries Let/Tom/Pick Cup Ket/Mayo/Mustard
10 Cheese OR Pepperoni Pizza Steamed Corn Broccoli FF Ranch	11 Zesty Orange Chick OR Hot Dog WG Rice Stir Fry Veg Romaine Salad Fortune Cookie FF Ranch	12 Chick Tenders OR Steak Fingers Mashed Potatoes Green Peas WG Roll WG Cookie Gravy	13 Crisпитos/Cheese OR Corn Dog Carrots Refried Beans Spanish Rice FF Ranch	14 HOLIDAY
17 Cheese OR Pepperoni Pizza Steamed Corn Broccoli FF Ranch	18 Sweet & Sour Chick OR Hot Dog WG Rice Veg Egg Roll Romaine Salad FF Ranch Fortune Cookie	19 Chick Drumstick OR Chick Fried Steak Mashed Potatoes Green Beans WG Roll WG Cookie Gravy	20 Chick Fajita Nachos OR Corn Dog Pinto Beans Carrots Spanish Rice FF Ranch	21 Hamburger OR Spicy Sandwich Curly Fries Let/Tom/Pick Cup Ket/Mayo/Mustard
24 Cheese OR Pepperoni Pizza Steamed Corn Broccoli / Cheese FF Ranch	25 Spaghetti/Meat Sauce OR Hot Dog Mixed Vegetables Romaine Salad Garlic Breadstick FF Ranch	26 Pop Corn Chick OR Steak Fingers Mashed Potatoes Green Peas WG Roll WG Cookie Gravy	27 Soft Beef Tacos OR Corn Dog Chili Beans Let/Tom Salad Carrots Spanish Rice FF Ranch	28 Cheeseburger OR Grilled Cheese Sand Pork & Beans Let/Tom/Pick Cup Sun Chips Ket/Mayo/Mustard



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

Good Eats At:

Tioga ISD
Lunch
6-8

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.

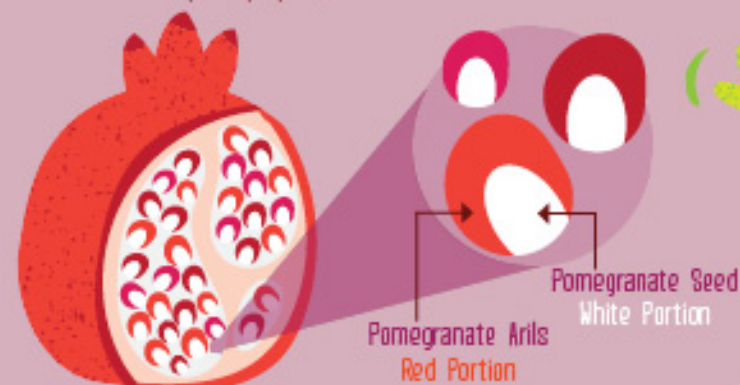
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 Arneser. He was just a little beet. His message: weighed over 115-one pound!