

APRIL



Special Announcements

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

Menu Subject To Change



Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Patty Toast OR Cereal Toast Jelly	4 Waffles OR Cereal Pop Tart Syrup	5 Donut OR Cereal Pop Tart	6 Breakfast Pizza OR Cereal Pop Tart	7 Biscuit Chick Patty OR Cereal Pop Tart Jelly / Gravy
10 Pancakes OR Cereal Pop Tart Syrup	11 Eggstravaganza Toast OR Cereal Toast Jelly	12 Chocolate Muffin OR Cereal Pop Tart	13 French Toast Sticks OR Cereal Pop Tart Syrup	14 HOLIDAY
17 Egg Patty Toast OR Cereal Toast Jelly	18 Waffles OR Cereal Pop Tart Syrup	19 Donut OR Cereal Pop Tart	20 Breakfast Pizza OR Cereal Pop Tart	21 Biscuit Chick Patty OR Cereal Pop Tart Jelly/ Gravy
24 Pancakes OR Cereal Pop Tart Syrup	25 Eggstravaganza Toast OR Cereal Toast Jelly	26 Chocolate Muffin OR Cereal Pop Tart	27 French Toast Sticks OR Cereal Pop Tart Syrup	28 Biscuit Sausage OR Cereal Pop Tart Jelly / Gravy



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
Breakfast

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.

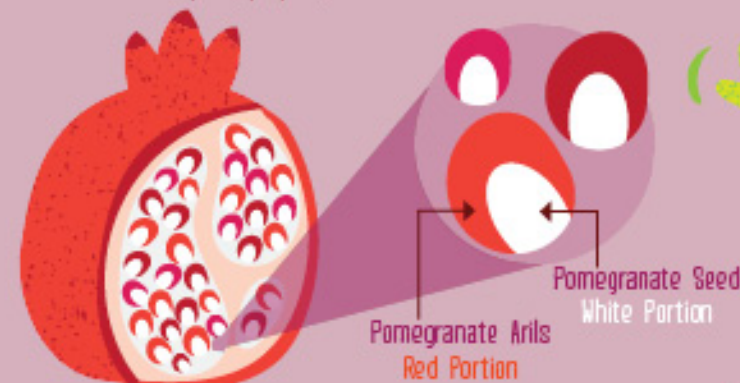
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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!