

APRIL



Special Announcements

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

7
Breakfast-Omelet, toast
Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk

8
Breakfast- Sausage, toast
Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk

9
Breakfast-chicken biscuit
Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk

6
Breakfast- Pizza
Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk,

Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk

10
Breakfast- Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,

11
Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, black eyed peas, baby carrots, pears, apples, milk

12
Breakfast- Sausage, toast
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk

13
Breakfast- Biscuit, gravy
Lunch- Bag Lunch Early Release

No School!!

17
Breakfast- Sausage, biscuit
Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, pineapple, apple, milk

18
Breakfast- Scrambled eggs, toast
Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk

19
Breakfast-Kolache
Lunch- Beef Tips & rice, green beans, roll trop. fruit, orange, salad, milk

20
Breakfast- Pizza
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk

21
Breakfast- Pancake on a stick
Lunch- Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk

24
Breakfast- Biscuit, gravy
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, apple, milk

25
Breakfast-Sausage Biscuit
Lunch-Pizza, salad, carrot sticks, corn, peaches, orange, milk

26
Breakfast- French toast sticks
Lunch-Grilled cheese, Soup, salad, mini carrots, peaches, apple, milk

27
Breakfast- Omelet, toast
Lunch-Baked Potato, ham, cheese, bread stick, broccoli, carrots, pears, orange, milk

28
Breakfast- Mini pancakes
Lunch- Tiger chicken, fixins, fries, baby carrots, peaches, orange, milk



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

Good Eats At:

Tenaha ISD
Elementary & Junior High

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.

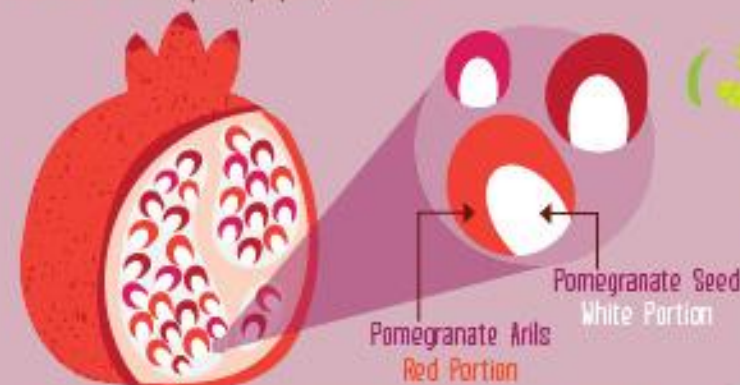
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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. If message, weighed over 145 one pound!