

APRIL



Special Announcements

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast-Omelet, toast Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice Option- Burrito</p>	<p>4 Breakfast- Sausage, toast Lunch-Hot ham & cheese, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Corndog</p>	<p>5 Breakfast-chicken biscuit Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk Option-Pizza</p>	<p>6 Breakfast- Pizza Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk, bread Option- Nuggets</p>	<p>7 Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk</p>
<p>10 Breakfast- Omelet, toast, fruit, juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, pudding Option- Chic. sandwich</p>	<p>11 Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, black eyed peas, baby carrots, pears, apples, milk Option- Corndog</p>	<p>12 Breakfast- Sausage, toast Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk, jello Option-Pizza</p>	<p>13 Breakfast- Biscuit, gravy Lunch- Bag Lunch Early Release</p>	<p>14 No School!!</p>
<p>17 Breakfast- Sausage, Biscuit Lunch- Beef Taco Pie, pinto beans, carrots, tortilla chip, rice, pineapple, apple, milk Option- Burrito</p>	<p>18 Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding Option- Chic Sand.</p>	<p>19 Breakfast-Kolache Lunch- Beef Tips & rice, green beans, roll, trop. fruit, orange, salad, milk, jello Option- Nuggets</p>	<p>20 Breakfast- Pizza Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk, chili, cheese Option-Corndog</p>	<p>21 Breakfast- Pancake on a stick Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk</p>
<p>24 Breakfast- Biscuit, gravy Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, apple, milk, rice Option- Burrito</p>	<p>25 Breakfast-Sausage Biscuit Lunch-Pizza, salad, corn, peaches, orange, milk, pudding Option- Chic. Sand.</p>	<p>26 Breakfast- French toast sticks Lunch-Grilled cheese, Soup, salad, mini carrots, peaches, apple, milk, crackers Option- Pizza</p>	<p>27 Breakfast- Omelet, toast Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, carrots, pears, orange, milk, jello Option-Corndog</p>	<p>28 Breakfast- Mini pancakes Lunch- Tiger chicken, fixins, fries, baby carrots, peaches, orange, milk</p>



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
High School

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.

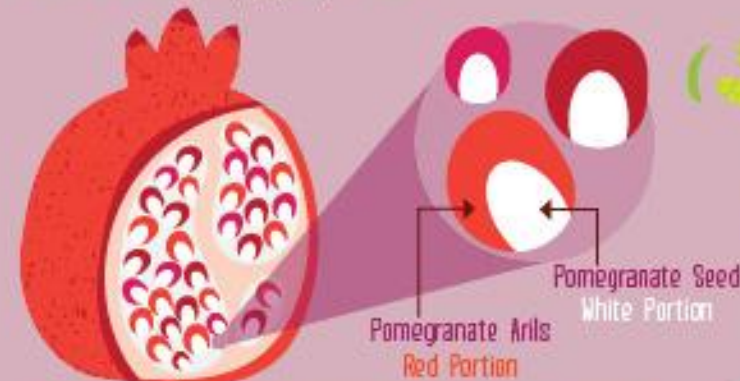
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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!