

APRIL



Special Announcements

**All Charging Stop's
May 1, 2017
Must have Money in Student's
Account.**

Choice of milk everyday:
White 1% Low Fat
Or
Flavored Fat Free
Menus are subject to change without notice.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Cheese Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice	4 Egg Burrito w/Salsa Assorted Cereals Buttered Toast w/Jelly Mandarin Oranges Assorted Juice	5 Blueberry Pancakes Syrup Assorted Cereals Cinnamon Toast Applesauce Assorted Juice	6 Sausage-n- Biscuit Jelly Assorted Cereals Buttered Toast Orange Smile Assorted Juice	7 Egg-Bacon Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice
10 Chicken Cheese Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice	11 Kolache Assorted Cereals Buttered Toast w/Jelly Mandarin Oranges Assorted Juice	12 Pancake on Stick Syrup Assorted Cereals Cinnamon Toast Sliced Peaches Assorted Juice	13 Sausage-n- Biscuit Jelly Assorted Cereals Buttered Toast Orange Smile Assorted Juice	14 SCHOOL HOLIDAY
17 Chicken Cheese Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice	18 Egg Burrito w/Salsa Assorted Cereals Buttered Toast w/Jelly Mandarin Oranges Assorted Juice	19 Mini Maple Waffle Syrup Assorted Cereals Cinnamon Toast Applesauce Assorted Juice	20 Sausage-n- Biscuit Jelly Assorted Cereals Buttered Toast Orange Smile Assorted Juice	21 Egg-Bacon Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice
24 Chicken Cheese Biscuit Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice	25 Kolache Assorted Cereals Buttered Toast w/Jelly Mandarin Oranges Assorted Juice	26 Taco-Go w/Salsa Assorted Cereals Cinnamon Toast Sliced Peaches Assorted Juice	27 Sausage-n- Biscuit Jelly Assorted Cereals Buttered Toast Orange Smile Assorted Juice	28 Cinnamon Roll Jelly Assorted Cereals Buttered Toast Applesauce Assorted Juice



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

Good Eats At:

JOAQUIN ISD RAM CAFÉ
 Breakfast Menu
 Elementary \$1.75 Junior High \$1.75
 High School \$1.75 Adult \$2.00

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.

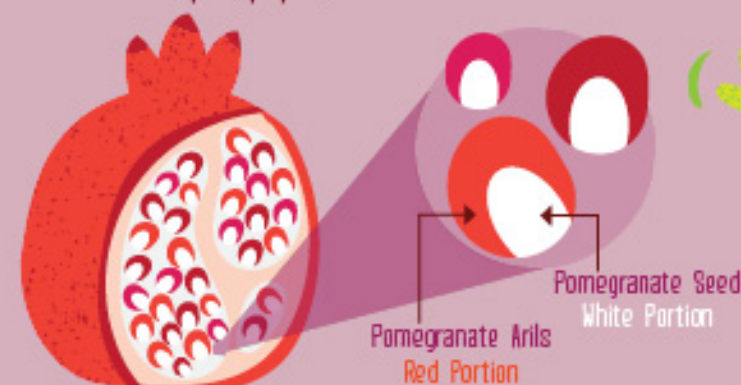
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 years 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](https://www.squaremeals.org/SeasonalityWheel)

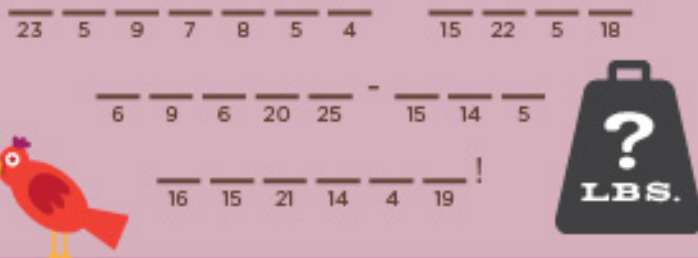
Activities

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 Kneiser. He was just a little beet.
He weighs over 445 one pound!