

# 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
<b>3</b> Chicken Basket French Bread Pizza Ranch Dressing Green Beans Glazed Carrots Raspberry Applesauce Sliced Pears Pudding Cup	<b>4</b> Asian Chicken Salad Corn Dogs Baked Beans Macaroni & Cheese Apple Slices Mandarin Oranges	<b>5</b> Chili Corn Chip Pie Boneless Chicken Wings Mashed Potatoes Bright Green Peas Brown Gravy Whole Grain Roll Strawberry Cup Applesauce	<b>6</b> Crispy Chicken Salad Stuffed Crust Pizza w/Ranch Dressing Whole Kernel Corn Orange Smile Diced Peaches	<b>7</b> Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Cauliflower Veggie Bar Applesauce Mango Slushie
<b>10</b> Chicken Basket Pizza w/Ranch Dressing Green Beans Creamy Sweet Potatoes Birthday Applesauce Fruit Cocktail	<b>11</b> Asian Chicken Salad Spaghetti w/Meat Sauce Baby Lima Beans Texas Toast Diced Pears Mandarin Oranges	<b>12</b> Chili Corn Chip Pie Chicken Nuggets Fluffy Mashed Potatoes Brown Gravy Crunchy Broccoli Whole Grain Roll Sliced Peaches Fresh Strawberry	<b>13</b> Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Veggie Bar Applesauce Strawberry Slushie	<b>14</b> SCHOOL HOLIDAY
<b>17</b> Chicken Basket French Bread Pizza w/Ranch Dressing Green Beans Glazed Carrots Cherry Applesauce Sliced Pears Pudding Cup	<b>18</b> Asian Chicken Salad Hot Dog Baked Beans Macaroni & Cheese Apple Slices Mandarin Oranges	<b>19</b> Chili Corn Chip Pie Steak Fingers Mashed Potatoes Brown Gravy Bright Green Peas Whole Grain Roll Strawberry Cup Applesauce	<b>20</b> Crispy Chicken Salad Stuffed Crust Pizza w/Ranch Dressing Whole Kernel Corn Orange Smile Diced Peaches	<b>21</b> Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Cauliflower Veggie Bar Applesauce Lemon Slushie
<b>24</b> Chicken Basket Pizza w/Ranch Dressing Green Beans Creamy Sweet Potatoes Watermelon Applesauce Fruit Cocktail	<b>25</b> Asian Chicken Salad Cheeze Chicken Spaghetti Baby Lima Beans Texas Toast Diced Pears Mandarin Oranges	<b>26</b> Chili Corn Chip Pie Chicken Tenders Fluffy Mashed Potatoes Brown Gravy Crunchy Broccoli Whole Grain Roll Sliced Peaches Fresh Strawberry	<b>27</b> Crispy Chicken Salad Stuffed Crust Pizza w/Ranch Dressing Sweet Corn Orange Wheels Rolling Green Grapes	<b>28</b> Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Veggie Bar Applesauce Blue Raspberry Slushie



**ANNUAL STUDENT ART CONTEST CONTINUES!**  
 SEND US YOUR MOST CREATIVE  
 DRAWINGS AND CREATIONS!  
 VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST) FOR MORE DETAILS.

## Good Eats At:

**JOAQUIN ISD RAM CAFÉ**

**Lunch Menu**

Elementary \$2.50	Junior High \$2.50
High School \$2.75	Adult \$3.50

## 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.

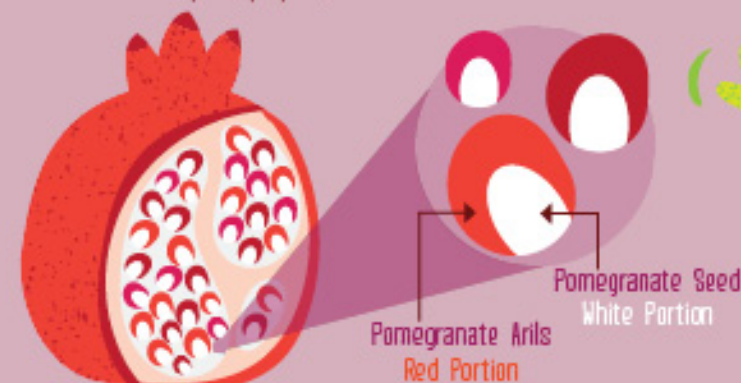
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

**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)

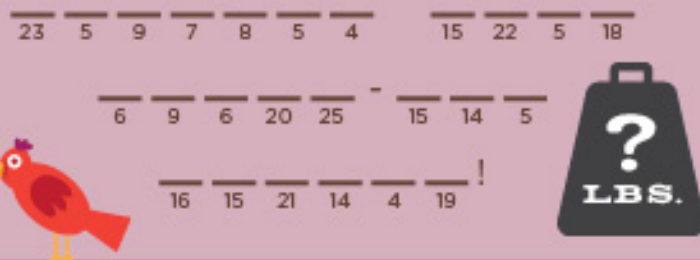
## Activities

### 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 Jensen. He was just a little beet.  
He weighs over 445 one pounds!