

APRIL



Special Announcements

COLMESNEIL ISD BREAKFAST MENU

CONDIMENTS DAILY

JELLY
SYRUP
SALSA



Monday

Tuesday

Wednesday

Thursday

Friday

7
Pancake sausage
Cereal/Toast
Juice/Milk
Fruit

8
Breakfast Burrito
Cereal/Toast
Juice/Milk
Fruit

9
Honey Buns
Cereal/Toast
Juice/milk
Fruit

6
Morning Rolls
Cereal/Toast
Juice/Milk
Fruit

5
Sausage/Biscuit
Cereal/Toast
Juice/Milk
Fruit

10
SPRING BREAK

11
SPRING BREAK

12
SPRING BREAK

13
SPRING BREAK

14
SPRING BREAK

17
MINI PANCAKE
CEREAL/TOAST
JUICE/MILK
FRUIT

18
BREAKFAST PIZZA
CEREAL/TOAST
JUICE/MILK
FRUIT

19
FRENCH TOAST STIX
CEREAL/TOAST
JUICE/MILK
FFRUIT

20
BREAKFAST BURRITO
CEREAL/TOAST
JUICE/MILK
FRUIT

21
SAUSAGE/BISCUIT
CEREAL/TOAST
JUICE/MILK
FRUIT

24
BREAKFAST PIZZA
CEREAL/TOAST
JUICE/MILK
FRUIT

25
MINI PANCAKES
CEREAL/TOAST
JUICE/MILK
FRUIT

26
HONEY BUNS
CEREAL/TOAST
JUICE/MILK
FRUIT

27
PANCAKE SAUSAGE
CEREAL/TOAST
JUICE/MILK
FRUIT

28
SAUSAGE/BISCUIT
CEREAL/TOAST
JUICE/MILK
FRUIT



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

Good Eats At:

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!