

APRIL



Special Announcements

COLMESNEIL ISD CAFE MENU

CONDIMENTS DAILY

- SOUR CREAM
- RANCH CUPS
- BUTTER PATS
- KETCHUP
- TARTAR SAUCE
- MAYO PACKETS
- MUSTARD PACKETS
- SWEET AND SOUR SAUCE



Monday

Tuesday

Wednesday

Thursday

Friday

7
EGG ROLLS
SPANISH RICE
STEAM CARROTS
FRUIT
MILK

8
CORN DOGS
PINTO BEANS
FRUIT
MILK

9
LINK ON BUN
BAKED BEANS'
FRUIT
MILK

10
TUNA SANDWICH
CELERY STIX/RANCH
SLICED TOMATO
FRUIT
MILK

11
TRIPLE SANDWICH
LETTUCE CUP
FRUIT
SLICED TOMATOES
MILK

18
SPRING BREAK

19
SPRING BREAK

20
SPRING BREAK

21
SPRING BREAK

22
SPRING BREAK

17
CORN DOGS
PINTO BEANS
FRUIT
MILK

18
HAM SANDWICH
LETTUCE CUP
SLICED TOMATOES
FRUIT
MILK

19
LINK ON BUN
BAKED BEANS
FRUIT
MILK

20
CHICKEN WRAP
LETTUCE CUP
FRUIT
MILK

21
FISH SANDWICH
LETTUCE CUP
SLICED TOMATO
FRUIT
MILK

24
EGG ROLLS
STEAM BROCCOLI
FRUIT
MILK

25
CORN DOG
PINTO BEANS
FRUIT
MILK

26
TUNA SANDWICH
CELERY STIX/RANCH
STEAM CARROTS
FRUIT
MILK

27
CHICKEN WRAPS
LETTUCE CUP
DICED TOMATOES
FRUIT
MILK

28
CHEESEBURGERS
LETTUCE CUP
SLICED TOMATO
FRUIT
MILK



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 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

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. It escaped, weighed over 140 one pounds!