

APRIL



Special Announcements

COLMESNEIL ISD LUNCH 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
1 PIZZA SALAD CORN FRUIT MILK	4 CHICKEN RINGS POTATO/GRAVY BLACKEYE PEAS ROLLS/FRUIT MILK	5 MINI SUBS VEGETERIAN BEANS MAC AND CHEESE FRUIT MILK	6 CHICKEN FRIED STEAK POTATO/GRAVY NORTHERN BEANS ROLLS/FRUIT MILK	7 HAMBURGERS LETTUCE CUP FRIES FRUIT MILK
10 SPRING BREAK	11 SPRING BREAK	12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK
17 FAJITAS MEXICAN RCE PINTO BEANS FRUIT MILK	18 GROUND MEAT SPAGHETTI GREEN BEANS STEAM CARROTS FRUIT/ROLLS MILK	19 STEAKFINGERS POTATO/GRAVY NORTHERN BEANS ROLLS FRUIT MILK	20 SOFT TACOS REFRIED BEANS SPANISH RICE FRUIT MILK	21 GRILLED CHICKEN LETTUCE CUP FRIES FRUIT MILK
24 PIZZA TOSSED SALAD CORN FRUIT MILK	25 BAR-B-Q ON BUN BAKED BEANS COLE SLAW FRUIT MILK	26 MINI CORN DOGS MAC AND CHEES TURNIPS GREENS CORNBREAD FRUIT MILK	27 CHICKEN RINGS POTATO/GRAVY BLACKEYE PEAS ROLLS FRUIT MILK	28 CHEESEBURGERS LETTUCE CUP FRIES 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.

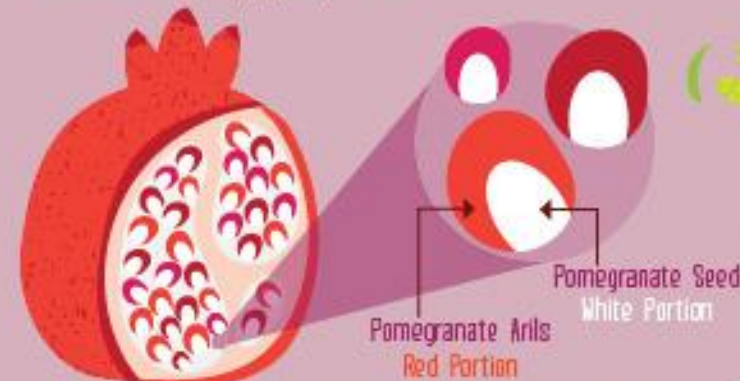
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 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!