

APRIL



Special Announcements

COLMESNEIL ISD SALAD/POTATO MENU

CONDIMENTS DAILY

- SOUR CREAM
- RANCH CUPS
- BUTTER PATS
- HAM CUPS
- CHEESE CUPS
- CRACKERS
- CRUTONS
- BACO BITS



Monday	Tuesday	Wednesday	Thursday	Friday
4 TOSSED SALAD BAKED POTATO FRUIT/MILK	5 SPINACH SALAD BAKED POTATO FRUIT/MILK	6 CHEF SALAD BAKED POTATO FRUIT/MILK	7 TOSSED SALAD BAKED POTATO FRUIT/MILK	8 WESTERN SALAD FRUIT/MILK
10 SPRING BREAK	11 SPRING BREAK	12 SPRING BREAK	13 SPRING BREAK	14 SPRING BREAK
17 TOSSED SALAD BAKED POTATO FRUIT/MILK	18 SPINACH SALAD BAKED POTATO FRUIT/MILK	19 CHEF SALAD BAKED POTATO FRUIT/MILK	20 TOSSED SALAD BAKED POTATO FRUIT/MILK	21 WESTERN SALAD FRUIT/MILK
24 TOSSED SALAD BAKED POTATO FRUIT/MILK	25 SPINACH SALAD BAKED POTATO FRUIT/MILK	26 CHEF SALAD BAKED POTATO FRUIT/MILK	27 TOSSED SALAD BAKED POTATO FRUIT/MILK	28 WESTERN SALAD 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. It escaped, weighed over 145 one pound!