

FEBRUARY

2019



I'm on your team...
RUBY RED BEAM

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ART CONTEST BEGINS

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"You ART What You Eat" Art Contest STARTS FEBRUARY 4TH
squaremeals.org/artcontest

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GOOD EATS AT

COLMESNEIL ISD LUNCH CAFÉ MENU!

Walking Tacos
Spanish Rice
Refried Beans
Fruit
Milk **4**

Chicken Nuggets
Mash Potatoes
W/Gravy
Steam Carrots
Fruit/Milk **5**

Egg Rolls
Fried Rice
Steamed Broccoli
Fruit
Milk **6**

Cheese Bites
W/Mariana
Romaine Salad
Fruit
Milk **7**

Chicken Legs
Tatar Tots
Fruit
Milk **8**

SPECIAL ANNOUNCEMENTS

Meatballs &Gravy
Mash Potatoes
Roll
Fruit
Milk **11**

Tuna Fish
Sandwich
Chips
Fruit
Milk **12**

Meat & Cheese
Nachos
Refried Beans
Lett/Tom
Fruit/Milk **13**

Pizza W/Mariana
Green Beans
Romaine Salad
Fruit
Milk **14**

MANAGER SPECIAL! **15**

February 7- Spring Pictures
February 14- Valentine's Day & Jump Rope for Heart
February 18-Winter Break
Feb 21-23 Colmesneil Baseball tournament
Feb 28-Alicyn Softball Tournament

NO SCHOOL!! **18**

WINTER BREAK! **19**

WINTER BREAK! **20**

WINTER BREAK! **21**

WINTER BREAK! **22**

Cheese Bites
W/Marinara
Romaine Salad
Fruit
Milk **25**

Walking Tacos
Refried Beans
Lett/Tom
Fruit
Milk **26**

MANAGER SPECIAL! **27**

Chicken Nuggets
Mash Potato
Steamed Carrots
Roll
Fruit Milk **28**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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RUBY RED BEAM

Grapefruit

One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree and stumbled upon Ruby Red. She was the first of her kind. She explained to him that she and her fellow grapefruit friends were a good source of nutritious vitamin C and that it was her mission to bring nutrition to all the residents of Healthyville. The farmer agreed to help Ruby Red plant grapefruit trees all over Healthyville and the state of Texas so everyone could enjoy the nutritious benefits and great taste of grapefruit.



POW!

ARCH ENEMY

Snails: The common garden snail can cause extensive damage to the leaves and fruit of citrus, especially grapefruit and oranges. They start by attacking young leaves by chewing holes in them and leaving them severely damaged.



JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: It kept peeling out.

FUN FACTS

- 'Ruby Red' was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a 'Pink Marsh' tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of the orange and a pummelo.

RUBY RED BEAM'S FAVORITE ACTIVITIES

Softball

HOW MANY?

Count the correct number of each fruit or vegetable below.

