

# FEBRUARY

2019



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

**M**

**ART  
CONTEST  
BEGINS**

**T**

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

**W**

**TH**

**F**

Fajita Wrap  
Spanish Rice  
Refried Beans  
Lett/Tom  
Fruit/Milk **4**

Steakfinger  
Mashed  
Potatoes/Gravy  
Steamed Carrots  
Roll  
Fruit/Milk **5**

Orange Chicken  
Fried Rice  
Steamed Carrots  
Steamed Broccoli  
Fruit/Milk **6**

Pizza  
W/Marinara  
Corn  
Romaine Salad  
Fruit/Milk **7**

Breaded Chicken  
Burger  
Tatar Tots  
Lett/Pic  
Fruit/Milk **8**

Chicken Rings  
Mashed  
Potato/Gravy  
Steamed Broccoli  
Roll  
Fruit/Milk **11**

Barbecue  
Sandwich  
Baked Chips  
Baked Beans  
Fruit/Milk **12**

Taco Salad  
W/Salsa  
Refried Beans  
Lett/Tom  
Fruit/Milk **13**

Spaghetti W Meat  
Sauce  
Green Beans  
Romaine Salad  
Garlic Toast  
Fruit/Milk **14**

Hamburger  
Emoji Fries  
Lett/Tom  
Fruit  
Milk **15**

**No School!!**  
**18**

**19**

**Winter Break!!**  
**20**

**21**

**22**

Pizza  
W/Marinara  
Corn  
Romaine Salad  
Fruit /Milk **25**

Meat & Cheese  
Nachos  
Refried Beans  
Lett/Tom  
Fruit  
Milk **26**

Potato Soup  
Grilled Cheese  
Romaine Salad  
Fruit  
Milk **27**

Chicken Strips  
Mashed  
Potato/Gravy  
Steamed Carrots  
Rolls  
Fruit/Milk **28**

**GOOD  
EATS AT**

COLMESNEIL ISD

LUNCH MENU

IT'S A GREAT DAY TO  
BE A BULLDOG!

**SPECIAL  
ANNOUNCEMENTS**

Condiments:

Ketchup

Taco sauce

Mayo

Mustard

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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



This product was funded by USDA.  
This institution is an equal opportunity provider.

# 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.

