

APRIL



Special Announcements

100% Juice and Choice of Milk Is Served with Breakfast
 Breakfast is also served with a choice of whole fruit
 Choice of Milk is served with Lunch

Salad Bar 6-12 will be served with required food items to meet USDA nutritional standards

Menu is Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
3 Staff Development	4 Ham & Cheese Combo or Cereal Chicken Fajita Nachos Petit Tomatoes Garden Salad Ranch Beans Orange Smiles	5 Berry Waffles/Yogurt or Cereal Hamburger Steak Honey Wheat Roll Steamed Broccoli Mashed Potatoes Strawberry Fluff	6 Bacon/Egg & Cheese Burritos or Cereal Beef Spaghetti Garlic Bread Spring Mix Salad Seasoned Corn Fresh Fruit Mix	7 French Toast/Yogurt or Cereal Corndogs Tater Tots Fresh Veggie Dippers Fresh Fruit WG Cookies
10 Blueberry Muffin or Cereal Cheese Burgers Burger Salad Tomato Wedges Potato Smiles Apples/Sherbet	11 Cinnamon Rolls or Cereal Cheese Enchiladas Spanish Rice Garden Salad Ranch Beans Pineapples	12 Egg/Bacon & Cheese Croissant or Cereal Chicken Nuggets/Gravy Honey Wheat Rolls Green Beans Spring Mix Salad Fruit Salad	13 PB & J Uncrustables or Cereal Pepperoni Stromboli Cucumber & Tomatoes Seasoned Corn Marinara Sauce Fresh Fruit Mix	14 Holiday No School
17 Kolaches or Cereal Beef Nachos/Salsa Petit Tomatoes Garden Salad Refried Beans Mixed Fruit	18 Biscuits & Gravy or Cereal Chicken Crisпитos Salsa/Chips Pinto Beans Spring Mix Salad Pineapple D'Lite	19 Berry Waffles or Cereal Steak fingers /Gravy Honey Wheat Rolls Mashed Potatoes Seasoned Corn Diced Pears	20 Breakfast Pizza or Cereal Ham & Cheese Croissant Baked Chips Lettuce & Tomatoes Baby Carrots Fresh Fruit/Yogurt	21 Egg/Ham & Cheese Combo or Cereal Breaded Chicken Burgers Burger Salad Tomato Wedges Potato Smiles Oranges/Sherbet
24 Cherry Frudels or Cereal Cheese Pizza Garden Salad Fresh Broccoli Seasoned Corn Pineapples	25 Scrambled Eggs & Toast or Cereal Beef Taco Salad Bowls Ranch Beans Chips/Salsa Spanish Rice Pink Applesauce	26 Sausage Biscuit or Cereal Chicken Spaghetti Texas Toast Green Beans Spring Mix Salad Sliced Peaches	27 Pancake Pup or Cereal Fish Nuggets Macaroni & Cheese Carrot Coins Coleslaw Mixed Fruit	28 Breakfast Pastry or Cereal Meatball Subs Baked Chips Cucumber & Tomatoes Fresh Fruit Wg Cookies



ANNUAL STUDENT ART CONTEST CONTINUES!
 SEND US YOUR MOST CREATIVE DRAWINGS AND CREATIONS!
 VISIT SQUAREMEALS.ORG/ARTCONTEST FOR MORE DETAILS.

Good Eats At:

Hermleigh ISD

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.

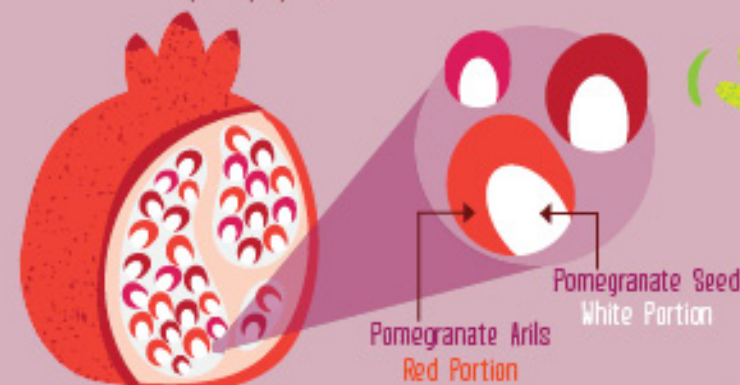
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 Andrew: He was just a little beet.
His message: weighed over 145-one pound!