

APRIL



Special Announcements

Good Friday/Student Holiday – April 14, 2017

Bad Weather Day – April 17, 2017

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Fat Free Strawberry Milk

Breakfast is served with a choice of fruit and/or 100% fruit juice.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER KID MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg & Cheese Sandwich Fruit Juice Milk	4 Sausage Biscuit Fruit Juice Milk	5 Breakfast Sliders Fruit Juice Milk	6 Waffles Yogurt Fruit Juice Milk	7 Breakfast Round Yogurt Fruit Juice Milk Lent
10 Cinnamon Pull-a-Parts Cheese Stick Fruit Juice Milk	11 Breakfast Pizza Fruit Juice Milk	12 Pancake Wrap Fruit Juice Milk	13 Breakfast Muffin Yogurt Fruit Juice Milk	14 Good Friday/Student Holiday
17 Bad Weather Day	18 Breakfast Strudel Cheese Stick Fruit Juice Milk	19 French Toast Yogurt Fruit Juice Milk	20 Mini Pancakes Yogurt Fruit Juice Milk	21 Sausage Kolache Cheese Stick Fruit Juice Milk
24 Stuffed Bagel Fruit Juice Milk	25 Sausage Biscuit Fruit Juice Milk	26 Breakfast Round Yogurt Fruit Juice Milk	27 Chicken-n-Waffle Stix Fruit Juice Milk	28 Grilled Cheese Fruit Juice Milk



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

Good Eats At:

Whiteface Cons ISD
PK – 12th Grades

Breakfast Menu

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Special Announcements

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Popcorn Chicken Brown Gravy Roll Mashed Potatoes Seasoned Corn Savory Green Beans Apple-Pineapple D;Lite	4 Asian Bowl Brown Rice Eggroll Tomato-Cucumber Cup Garden Salad Snowball Salad	5 Cheeseburger Hamburger Garnish Tater Tots Baby Carrots w/Ranch Mixed Fruit	6 Steak Fingers Cream Gravy Roll Tater Tots Baby Carrots w/Ranch Apple Slices Cookie	7 Fish Strips Texas Toast Coleslaw Charro Beans Orange Smiles Lent
10 Salisbury Steak Brown Gravy Biscuit Roasted Potatoes Garden Salad Mandarin Oranges	11 Nachos Grande/Salsa Lettuce & Tomato Garnish Refried Beans Cucumber Dippers Tiny Tomato Cup Pears Lime Sherbet	12 Corn Dog Tater Tots Baked Beans Broccoli Bites Apple-Pineapple D'Lite	13 Pizza Baby Carrots w/Ranch Broccoli Bites w/Cherry Tomatoes Fresh Seasonal Fruit Cookie	14 Good Friday/Student Holiday
17 Bad Weather Day	18 Asian Bowl Egg Roll/Brown Rice Baby Carrots w/Ranch Steamed Broccoli Chilled Pineapple Tidbits Sugar Cookies	19 Tex-Mex Stack Spanish Rice (9-12 Only) Lettuce & Tomato Garnish Refried Beans/Salsa Tiny Tomato Cup Rosy Applesauce	20 Chicken Parmesan Breadstick Savory Green Beans Garden Salad Orange Smiles	21 Cheeseburger Hamburger Garnish Tater Tots Fresh Veggie Cup Apple Slices
24 Chicken Strips Texas Toast Cream Gravy Coleslaw Sweet Potato Fries Strawberry Cup	25 Meat & Cheese Tostadas/Salsa Lettuce & Tomato Garnish Spanish Rice (9-12 only) Zesty Cucumbers Refried Beans Rosy Applesauce	26 Country Fried Steak Cream Gravy Roll Mashed Potatoes Savory Green Beans Mixed Fruit	27 Soft Tacos/Salsa Lettuce & Tomato Garnish Baby Carrots w/Ranch Seasoned Corn Peaches Cookie	28 Pizza Garden Salad Vegetable Medley Orange Smiles



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Lunch Menu

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.

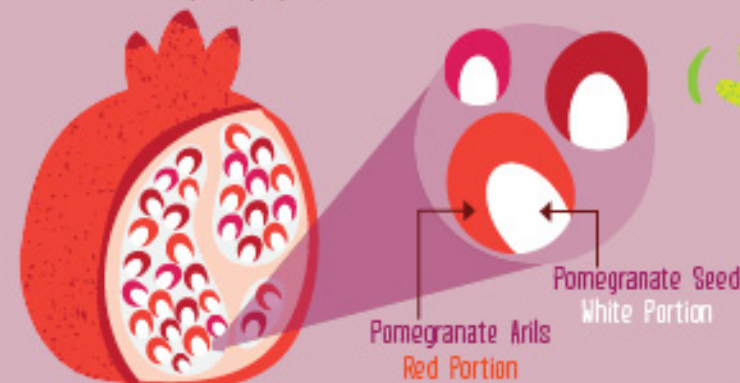
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 115-one pound!