

APRIL



Special Announcements

BREAKFAST MENU **FRIST RESPONDERS**
BREAKFAST
MONDAY THE 3RD

SERVED DAILY

CEREAL W/ TOAST
100% FRUIT JUICE
CANNED FRUIT OR FRESH FRUIT
FAT FREE CHOCOLATE MILK
1% WHITE MILK

BREAKFAST PRICES
STUDENTS\$1.25
STAFF.....\$1.50



Monday

Tuesday

Wednesday

Thursday

Friday

3
BISCUITS W/ GRAVY
EGGS
PANCAKES
W/BACON & SAUSAGE
BREAKFAST ROUND
W/YOGURT

4
CHEESE OMELETE WRAP
OR
BREAKFAST STRUDEL

5
BREAKFAST PIZZA
OR
BREAKFAST PARFAIT

6
WAFFLES W/ SAUSAGE
OR
ANIMAL CRACKERS
W/ CHEESE STICK

7
CINNAMON ROLL
W/ BACON
OR
BREAKFAST ROUND
W/ YOGURT

10
PANCAKES
W/BACON
OR
BREAKFAST ROUND /W
YOGURT

11
SUNRISE SANDWICH
OR
BREAKFAST STRUDEL
W/ CHEESE STICK

12
BISCUITS AND GRAVY
SCRAMBLED EGGS
SAUSAGE
OR
BREAKFAST PARFAIT

13
OATMEAL AND
CINNAMON TOAST
OR
BREAKFAST STRUDEL
W/ YOGURT

14
GOOD
FRIDAY

17
PANCAKE SAUSAGE ON
A STICK W/ YOGURT
OR
BREAKFAST ROUND
W/ YOGURT

18
CHICKEN-N-BISCUIT
OR
BREAKFAST STRUDEL
W/CHEESE STICK

19
FRENCH TOAST STICKS
/ SAUSAGE
OR
BREAKFAST PARFAIT

20
EARLY BIRD SANDWICH
OR
BREAKFAST PIZZA

21
DUTCH WAFFLE
W/ BACON
OR
BREAKFAST ROUND W/
YOGURT

24
PANCAKES W/
SAUSAGE
OR
MUFFIN W/ YOGURT

25
BREAKFAST PIZZA
OR
BREAKFAST STRUDEL

26
BISCUIT SCRAMBLED
EGGS W/ SAUSAGE
OR
BREAKFAST PARFAIT

27
SAUSAGE KOLACHE W/
YOGURT
OR
ANIMAL CRACKERS W/
CHEESE STICK

28
BREAKFAST CLUB
OR
EGG AND CHEESE
SANDWICH



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

Good Eats At:

CANADIAN ISD
BREAKFAST 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 Krewer. He was just a little beet. It escaped, weighed over 14 1/2 pounds!