

APRIL



Special Announcements

OFFERED DAILY

MILK

LOWFAT CHOCOLATE 1% WHITE

SALAD Entrée Choices 3-12 GRADES

LUNCH PRICES

STUDENTS K-5 \$1.75

STUDENTS 6-12 \$2.00



Monday

Tuesday

Wednesday

Thursday

Friday

3 STEAK FINGERS
W/GRAVY
OR MEATLOAF
MASHED POTATOES
SAVORY GREEN BEANS
STRAWBERRY CUP
ROLLS

4 MEAT & CHEESE
TOSTADAS OR
ENCHILADAS
ZESTY CUCUMBERS
REFRIED BEANS
LETTUCE AND TOMATO
ROSEY APPLESAUCE

5 CHICKEN SPAGHETTI
BREADSTICK OR
PIZZA
GARDEN SALAD
VEGATABLE MEDLEY
ORANGE SMILES

6 SOFT TACO
OR FRITO PIE
BABY CARROTS
CORN
LETTUCE AND TOMATO
PEACHES
COOKIE

7 CHICKEN STRIPS
W/ TEXAS TOAST
OR HAMBURGER
CHEESEBURGER
SWEET POTATO FRIES
APPLE SLICES

10 CORN DOGS OR
STUFFED BAKED
POTATO
W/ ROLL
BAKED BEANS
BROCCOLI BITES
APPLE PINEAPPLE D'LITE

11 NACHOS GRANDE
REFRIED BEANS
LETTUCE AND TOMATO
GRILLED CHEESE W/
SOUP
CUCUMBER DIPPERS
PEARS /SHERBERT

12 CHICKEN SANDWICH
OVEN FRIES / OR
X-TREME BURRITO
SALSA/ CORN
VEGGIE CUP
LETTUCE AND TOMATO
MANDRAIN ORANGES

13 COUNTRY POT PIE
OR
SALISBURY STEAK
ROLL / BROWN GRAVY
ROASTED POTATOES
GARDEN SALAD
FRUITY GELATIN

14 GOOD
FRIDAY

17 RAVIOLI W/ MEAT
SAUCE OR
CHICKEN NUGGETS
MASHED POTATOES
GARDEN SALAD
TUSCAN VEGTABLES
FRESH FRUIT

18 ASIAN BOWL
EGGROLL OR
PIZZA
BABY CARROTS
STEAMED BROCCOLI
PINEAPPLE TIDBITS
COOKIE

19 TEX-MEX STACK
OR CHICKEN
FAJITAS
LETTUCE AND TOMATO
REFRIED BEANS
TINY TOMATO CUP
ROSEY APPLESAUCE

20 HAMBURGER
CHEESEBURGER
HAMBURGER GARNISH
PIG IN A BLANKET
OVEN FRIES
VEGGIE CUP
ORANGE SMILES

21 CHICKEN PARMESAN
GARDEN SALAD
BREADSTICK OR
PULLED PORK SLIDER
MULTI-GRAIN CHIPS
GREEN BEANS / APPLE
SLICES

24 STEAK FINGERS
OR
BREADED PORK CHOP
MASHED POTATOES
GRAVY AND ROLL
GREEN BEANS
TROPICAL FRUIT

25 SPAGHETTI BOWL
W/BREADSTICKS OR
FRENCHBREAD PIZZA
GARDEN SALAD
CALIFORNIA BLEND
PEACHES
CHOCOLATE PUDDING

26 MEXICAN COMBO
PLATE
CHICKEN QUESADILLAS
CORN / PINTO BEANS
LETTUCE AND TOMATO
ROSEY APPLESAUCE

27 TERIYAKI BEEF SLIDER
W/BAKED CHIPS OR
TEXAS CHILI
W/CORNBREAD
BROCCOLI BITES /TOM.
ORANGE SMILES

28 POPCORN CHICKEN
W/ ROLL OR
SLOPPY JOE
OVEN FRIES
CUCUMBER DIPPERS
FRUIT AND COOKIE



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
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 Krewer. He was just a little beet. If message, weighed over 145 one pound!