



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

FEBRUARY

2019

GOOD EATS AT

GRAFORD ISD BREAKFAST MENU

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

SPECIAL ANNOUNCEMENTS

NO SCHOOL

BREAKFAST PRICES
 PK-12.....\$1.00
 REDUCED.....30c
 ADULTS.....\$1.50

HAVE A GREAT MONTH!!

M T W TH F

ART CONTEST BEGINS

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

Cinnamon Toast or
 Or Buttered Toast
 W/ Cereal choice
 Fruit Variety
 Juice Choice
 Milk Choice 1

French Toast Sticks
 Or
 Cereal w/toast
 Fruit Variety
 Juice Choice
 Milk Choice 4

BK Taco w/ Salsa
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 5

Sausage w/ Biscuit
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 6

Muffin w/ Yogurt
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 7

Oatmeal w/ Toast
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 8

Waffles w/ Syrup
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 11

Minni Cinnis
 Or
 Cereal W/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 12

Sausage W/ Biscuit
 Or
 Cereal W/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 13

Pig -n-Blanket
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 14

NO SCHOOL

Breakfast Bagel
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 19

Sausage gravy
 w/Biscuit
 Or Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 20

Cinnamon roll
 w/Yogurt
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice 21

Oatmeal w/ Toast
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 22

Pancakes w/ syrup
 Or
 Cereal w/ toast
 Fruit Variety
 Juice Choice
 Milk Choice 25

BK Pizza
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 26

Sausage & Egg Biscuit
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice Choice
 Milk Choice 27

Muffin w/ Yogurt
 Or
 Cereal w/ Toast
 Fruit Variety
 Juice choice
 Milk Choice 28



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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 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.



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.



	_____		_____
	_____		_____
	_____		_____

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.

