



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

# FEBRUARY

2019

**GOOD EATS AT**

**GRAFORD ISD LUNCH MENU THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**SPECIAL ANNOUNCEMENTS**

**M T W TH F**

**ART CONTEST BEGINS**

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

Hamburger  
Salad toppings  
French fries  
Celery Sticks  
Fruit Variety  
Milk Choice 1

Mini Corn Dogs  
Baked Beans  
Celery Sticks  
Fruit Variety  
Milk Choice 4

Popcorn Chicken  
Mashed Potatoes  
Gravy w/ Roll  
Peas & Carrots  
Fruit Variety  
Milk Choice 5

Frito Pie  
Pinto Beans  
Lettuce w/ Tomatoes  
Shredded Cheese  
Fruit Variety  
Milk Choice 6

Beef Stew  
Cornbread  
Or Crackers  
Cheese Stick  
Broccoli w/ ranch  
Fruit Variety 7

Hot Ham & Cheese  
Pickle Spears  
Baked Beans  
Baby Carrots  
Fruit Variety  
Milk Choice 8

Pizza  
Corn  
Green Beans  
Fruit Variety  
Milk Choice 11

Chicken Rings  
Baked Okra  
Macaroni & Cheese  
Baby Carrots  
Fruit Variety  
Milk Choice 12

Steak Fingers  
Mashed Potatoes  
Gravy w/ roll  
Black-eyed Peas  
Fruit Variety  
Milk Choice 13

Chicken Spaghetti  
Steamed Veggies  
Garlic Toast  
Seasoned Corn  
Fruit Variety  
Milk Choice 14

**NO SCHOOL** 15

**NO SCHOOL** 18

Chicken Strips  
Potato Wedges  
Roll  
Glazed Carrots  
Fruit Variety  
Milk Choice 19

Burritos  
Cheese Sauce  
Pinto Beans  
Broccoli tops  
Fruit Variety  
Milk Choice 20

Hot dogs w/ chili  
Shredded Cheese  
Tator Tots  
Baby Carrots  
Fruit Variety  
Milk choice 21

BBQ Sandwich  
Potato Salad  
Cold Slaw  
Celery Sticks  
Fruit Variety  
Milk Choice 22

Pizza Choice  
Green Beans  
Seasoned Corn  
Baby Carrots  
Fruit Variety  
Milk Choice 25

Steak Fingers  
Diced white potatoes  
Garden Side Salad  
Fruit Variety  
Milk Choice 26

Turkey Sub  
Salad Toppings  
Baked Squash  
Broccoli w/ranch  
Fruit Variety  
Milk Choice 27

Beef Tacos  
Lettuce & Tomatoes  
Pinto Beans  
Fruit Variety  
Milk Choice 28

**Lunch Prices:**  
Pk-8.....2.10  
9-12.....2.35  
**REDUCED.....40c**  
**ADULTS.....3.70**  
**ALTERNATE MEALS**  
**Baked potatoes**  
**w/Fixins**  
**Chef Salad**



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.

