

### Special Announcements

\*Milk – Whole/2% - children ages 1-2 1%/Skim – children ages 2 and older



Monday	Tuesday	Wednesday	Thursday	Friday	
B: Cheerios, Peaches, Milk L: Hamburger, Carrots, Grapes, WG Bun, Milk S: WG Goldfish, Apple	B: WG Waffle, Orange Slices, Milk L: Grilled Cheese, Tomato Soup, Pears, Milk S: Cheese Stick, Pretzels	B: Bagel, Blueberries, Milk L: Eggs, Hash Brown, Strawberries, Milk S: Tortilla Chips, Salsa	B: WG Toast, Banana, Milk L: Chicken Patty, Sweet Potato Fries, Apple, Roll, Milk S: Cucumber, crackers	B: Pancake, Blueberries, Milk L: Meatballs, Spaghetti Sauce, Spinach Salad w/ Dressing, Spaghetti, Milk S: Pretzels, Strawberries	
B: Kix, Banana, Milk L: Turkey Wrap, Lettuce/tomato, Applesauce, Milk S: Cheese Slice, Wheat Thins	B: Biscuit w/ Jelly, Orange Slices, Milk L: HM Cheese Pizza, California Blend Veg, Pineapple, Milk S: Apple Slices, Peanut Butter	B: BlueBerry Muffin, Mixed Fruit, Milk L: Cheeseburger, Harvard Beets, Grapes, Milk S: Animal Crackers, Milk	B: Rice Chex, Apple Juice, Milk L: Cheese Stick, Carrot Sticks, Peaches, Chicken Rice Soup, Milk S: Turkey Slice, Cracker	B: English Muffin, Pears, Milk L: Fish Sticks, Peas, Grapes, Mac-n-cheese, Milk S: Hard-Boiled Egg, Grapes	
B: Cream of Wheat, Peaches, Milk L: Ham, Oven Fries, Cantalope, WG Roll, Milk S: Soft Pretzel, Pomegranate	B: Cheerios, Banana, Milk L: PB&J w/WG Bread, Hard-Boiled Egg, Pears, Sugar Snap Peas, Milk S: Yogurt w/ Fresh Berries	B: WG Toast, Berries, Milk L: Tuna Sammies, Carrot Sticks, Applesauce, Milk S: Goldfish, Cantalope	B: Pancake, Pears, Milk L: Chicken Nuggets, green beans, grapes, WG Roll, Milk S: Veggies w/ Hummus Dip	B: Rice Chex, Apple Juice, Milk L: Turkey Sandwich w/ WG Bread, Vegetable Soup, Grapes, Milk S: Crackers, Cheese	
B: Bagel, Mandarin Oranges, Milk L: Roasted Chicken, Mashed Potatoes, Corn, WG Roll S: Crackers, Peanut Butter	B: English Muffin, Grapes, Milk L: HM Baked Mac N Cheese, Orange Slices, Pepper Strips, Milk S: Mixed Fruit, Milk	B: Cheerios, Cran-apple Juice, Milk L: Chicken, Watermelon, Let/Tom, WG Roll, Milk S: Kiwi, Breadsticks	B: Cream of Wheat, Pears, Milk L: Stir Fry Chicken, Broccoli, Snow Peas, Rice S: Granola, Yogurt	B: Rice Krispies, Strawberries, Milk L: Taco Ground Beef, Lettuce/Tomato, Mixed Fruit, Taco Shell S: Cheese Stick, Grape	



#### Good Eats At:

Tuna Sammies-link

## Beets

Listen to the Beetl 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.

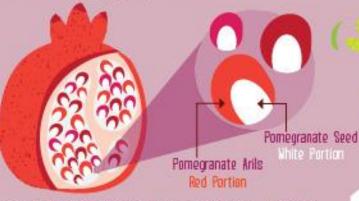
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

Potassium, Beets are rich in potassium, which helps your muscles and heart stay healthy.

Browling 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.

Griwing Regions: East Texas, Rio Grande Valley and Winter Garden

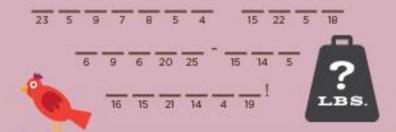
Visit: SquareMeals.org/SeasonalityWheel

# 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	1 - 9	N - 14	S - 19	X - 24
E - 5	J - 10	0 - 15	T - 20	Y - 25

#### Did You Know?

According to the Guinness World Records the heaviest beet in the world...



### Joke of the Month

Q. Why couldn't the kid finish the race?



This product was funded by USDA. This institution is an equal opportunity provider.

Crowing Regions

