

APRIL



Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

3

Spaghetti
Bolognaise
Apples
Water

4

5

Thiebou Yapp
Rouge
Juice
Water

6

Yassa Ginaar
Chicken and Onion
Sauce
Salad
Water

7

Turkey Wrap
Melon Cups
Water

10

Hot dog and Fries
Orange
Water

11

Thiebou Djienne
Fish and Veggies
Lemonade
Water

12

Beef Stroganoff
(Beef with creamy
white sauce)
Apple
Water

13

Thiebou Ginaar
Rice and Chicken
Lemonade
Water

14

Philly Cheese Steak
Orange Juice
Water

17

Meatloaf
Mashed Potatoes
Lemonade
Water

18

Yassa Djienne
Fish and
Onion Sauce
Banana
Water

19

Mafe
Beef and Peanut
Sauce
Juice
Water

20

Poulet Pane
Fired Chicken
Green beans
Salad
Melon
Water

21

Beef Kebab
Fries
Salad
Water

24

Soft Tacos
Orange
Water

25

Thou Boulet
(Djienne/ Fish)

Lemonade
Water

26

Thiebou
Yapp
Apple
Water

27

Baked Chicken and
Spaghetti
Orange Juice
Water

28

Chicken Sandwich
Salad
Water



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

Good Eats At:

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 140 one pound!