

FEBRUARY

2019



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

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**ART
CONTEST
BEGINS**

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

**GOOD
EATS AT**

**Cougar
Cafe**

**SPECIAL
ANNOUNCEMENTS**

Breakfast Taco

Sloppy Joes
Green Beans
Mixed Veggies

4

Hot Pocket

Baked Chicken
Broccoli
Ranch Style Beans
Roll

5

Waffle

Cougar Burger
French Fries
Salad

6

Donuts

Pizza
Salad
Corn

7

Pancakes

Grilled Chicken
Salad
Green Beans
Roll

1

Cinnamon Toast

Fish Sticks
Carrots
Green Peas
Bunny Grahams

8

Mini Cinnis

Sausage Rolls
Mixed Veggies
Squash
Goldfish

11

Honey Bun

Fajitas
Salad
Pinto Beans
Spanish Rice

12

Eggs & Sausage

Meatball Subs
Mixed Veggies
Squash

13

French Toast

Spaghetti
Green Beans
Corn
Breadsticks

14

Biscuit

Chicken Nuggets
Broccoli
Mashed Potatoes

15

Sausage Rolls

Frito Pie
Green Beans
Corn

18

Yogurt

Chicken Burger
Salad
French Fries

19

Pop Tarts

Corndogs
Pork N Beans
Cauliflower

20

Muffins

Pork Patty
Carrots
Squash

21

Breakfast Pizza

Mac N Cheese
Broccoli
Mixed Veggies

22

Donut

Popcorn Chicken
Broccoli
Carrots

25

Breakfast Corndog

Tacos
Salad
Pinto Beans

26

Scrambled Eggs

BBQ Rib
Ranch Style Beans
Squash

27

Biscuit

Crispitos
Salad
Corn

28



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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.

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.

POW!



JOKE OF THE MONTH

Q: Why did the grapefruit fail his driving test?

A: He kept peeling out.

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.



Sources: Texas A&M and Agrilife Extension