

APRIL



Special Announcements

SPUR ISD K-12 BREAKFAST MENU

**PARENTS ARE INVITED
TO JOIN US FOR
BREAKFAST
APRIL 13TH**

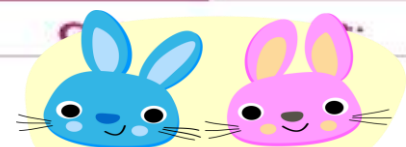
*Cost is \$1 for visitors



Monday	Tuesday	Wednesday	Thursday	Friday
3 CINNAMON PULL A PARTS CHEESE STICKS FRUIT 100% FRUIT JUICE MILK VARIETY	4 BREAKFAST MUFFIN YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY	5 PANCAKE WRAP FRUIT 100% FRUIT JUICE MILK VARIETY	6 BREAKFAST PIZZA FRUIT 100% FRUIT JUICE MILK VARIETY	7 WAFFLE CHEESE STICK FRUIT 100% FRUIT JUICE MILK VARIETY
10 BREAKFAST ROUND YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY	11 SAUSAGE BISCUIT FRUIT 100% FRUIT JUICE MILK VARIETY	12 BREAKFAST SLIDERS FRUIT 100% FRUIT JUICE MILK VARIETY	13 CHICKEN-N-WAFFLE STIX FRUIT 100% FRUIT JUICE MILK VARIETY	14 NO SCHOOL
17 BREAKFAST STRUDEL CHEESE STICK FRUIT 100% FRUIT JUICE MILK VARIETY	18 MINI PANCAKES YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY	19 SAUSAGE KOLACHE CHEESE STICK FRUIT 100% FRUIT JUICE MILK VARIETY	20 ROLLED BREAKFAST TACO FRUIT 100% FRUIT JUICE MILK VARIETY	21 FRENCH TOAST YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY
24 PANCAKE WRAP YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY	25 CHICKEN-n-BISCUIT FRUIT 100% FRUIT JUICE MILK VARIETY	26 FRENCH TOAST SAUSAGE FRUIT 100% FRUIT JUICE MILK VARIETY	27 BREAKFAST PIZZA FRUIT 100% FRUIT JUICE MILK VARIETY	28 DUTCH WAFFLE BACON FRUIT 100% FRUIT JUICE MILK VARIETY



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



Happy Easter!

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!