

# FEBRUARY

2019




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

**M** **T** **W** **TH** **F**

**ART CONTEST BEGINS**

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

Chicken Parmesan  
Vegetable  
Fruit 1

Pizza  
Vegetable  
Fruit  
 8


Spaghetti  
Vegetable  
Fruit 4

Teriyaki Chicken  
Rice  
Vegetable  
Fruit  
 5

Sub  
Vegetable  
Fruit 6

Sloppy Joes  
Vegetable  
Fruit 7

Mini Corn Dogs  
Potatoes  
Vegetable  
Fruit 11

Taco  
Vegetable  
Fruit  
  12

Chicken Alfredo  
Vegetable  
Fruit  
 13

Hamburger or  
Cheeseburger  
Vegetable  
Fruit 14


Meatballs  
Mashed Potatoes  
Vegetable  
Fruit  
 15

Chicken Nuggets  
Mac & Cheese  
Vegetable  
Fruit 18

Chicago Deep Dish  
Pasta  
Vegetable  
Fruit 19

Sweet Sour  
Chicken  
Vegetable  
Fruit 20

BBQ Pork  
Vegetable  
Fruit 21

Pizza  
Vegetable  
Fruit  
 22

Chicken-n-gravy  
Mashed Potatoes  
Vegetable  
Fruit 25

Mozzarella Dippers  
Vegetable  
Fruit 26




Quesadilla  
Vegetable  
Fruit  
 27

Chicken Patty  
Vegetable  
Fruit 28

**GOOD EATS AT**

**ALGOMA SCHOOL DISTRICT**

**SPECIAL ANNOUNCEMENTS**

- Garden Bar/Side Salad served everyday
-  Student Favorite
-  Gluten Free
-  Brand New!

Menu subject to change dependent on availability. 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.



**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.



### RUBY RED BEAM'S FAVORITE ACTIVITIES

#### Softball

### HOW MANY?

Count the correct number of each fruit or vegetable below.



	_____		_____
	_____		_____
	_____		_____