

APRIL



Special Announcements

MENU IS SUBJECT TO CHANGE AT ANYTIME!!!



Monday

Tuesday

Wednesday

Thursday

Friday

4 PANCAKES, SAUSAGE, PEACHES, JUICE, MILK

4 BREAKFAST PIZZA, PEARS, JUICE, MILK

5 BISCUIT, EGGS, SAUSAGE, MIXED FRUIT, JUICE, MILK

6 SAUSAGE KOLACHE AND YOGURT, APPLESLICES, JUICE, MILK

7 EGG & CHEESE SANDWICH, BANANAS, JUICE, MILK

10 WAFFLES, BACON, MANDARIN ORANGES, JUICE, MILK

11 BISCUIT AND GRAVY, EGGS, HAM, PEACHES, JUICE, MILK

12 CINNAMON ROLL, SAUSAGE, PEARS, JUICE, MILK

13 SAUSAGE, EGG & CHEESE PRETZEL SANDWICH, GRAPES, JUICE, MILK

14 NO SCHOOL

16 NO SCHOOL

18 PITA POCKET BREAKFAST, PEACHES, JUICE, MILK

19 CHICKEN-N-WAFFLES, MIXED FRUIT, JUICE, MILK

20 STUFFED BAGEL, SAUSAGE, APPLESLICES, JUICE, MILK

21 DUTCH WAFFLE, BACON, BANANAS, JUICE, MILK

24 BREAKFAST EMPANADA, PEARS, JUICE, MILK

25 BREAKFAST LOAF, YOGURT, PEACHES, JUICE, MILK

26 PANCAKE WRAP, MANDARIN ORANGES, JUICE, MILK

27 BREAKFAST PIZZA, GRAPES, JUICE, MILK

28 NO SCHOOL



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

Good Eats At:

SHAMROCK ISD

APRIL



Special Announcements

MENU IS SUBJECT TO CHANGE AT ANY TIME AS NEEDED!!

HIGH SCHOOL IS OFFERED JUICE, AND FRESH FRUIT WITH LUNCH EVERYDAY!!



Monday

Tuesday

Wednesday

Thursday

Friday

4 STEAK FINGERS, GRAVY, ROLL, MASHED POTATOES, CARROT COINS, STRAWBERRIES & BANANAS, MILK

4 FRENCH BREAD PIZZA, SALAD, CALIFORNIA BLEND VEGETABLES, PEACHES, PUDDING, MILK

5 CHICKEN QUEADILLA, CORN, CHARRO BEANS, SALSA, GARNISH, CINNAMON APPLESAUCE, MILK

6 POPCORN CHICKEN, ROLL, BROCCOLI BITES, TINY TOMATO CUP, ORANGE SMILES, MILK

7 SLOPPY JOE SANDWICH, FRIES, CUCUMBER DIPPERS, FRESH FRUIT, COOKIE, MILK

10 HAMBURGER OR CHEESEBURGER, GARNISH, FRIES, BABY CARROTS W/RANCH, MIXED FRUIT, MILK

11 HOT HAM&CHEESE PRETZEL SANDWICH, TOMATO-CUCUMBER CUP, SALAD, SNOWBALL SALAD, MILK

12 CHICKEN ALFREDO, TUSCAN VEGETABLES, BREADSTICKS, CARROT COINS, APPLE SLICES, COOKIE, MILK

13 PBJ SANDWICH, STRING CHEESE, BABY CARROTS, GOLDFISH CRACKERS, APPLE SLICES, MILK

14 NO SCHOOL

17 NO SCHOOL

18 CHILI CHEESE COMBO, VEGGIE CUP, APPLE SLICES, PUDDING, MILK

19 PIZZA, SALAD, TINY TOMATO CUP, FRUIT CUP, MILK

20 CHICKEN NUGGETS, MAC AND CHEESE, GREEN BEANS, BROCCOLI, APPLE SLICES, MILK

21 HAMBURGER OR CHEESEBURGER, FRIES, BABY CARROTS W/RANCH, PEACHES, CRISPY CEREAL TREAT, MILK

24 COUNTRY FRIED STEAK, GRAVY, MASHED POTATOES, GREEN BEANS, STRAWBERRY CUP, ROLL, MILK

25 MEAT & CHEESE TOSTADAS W/SPANISH RICE, CUCUMBERS, REFRIED BEANS, GARNISH, ROSY APPLESAUCE, MILK

26 PIZZA, SALAD, VEGETABLE MEDLEY, ORANGE SMILES, MILK

27 TACOS, BABY CARROTS W/RANCH, CORN SALSA, GARNISH PEACHES, COOKIE, MILK

28 NO SCHOOL



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Good Eats At:

SHAMROCK ISD

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 pounds!