

APRIL



Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

3
CEREAL
TOAST
PEACHES
JUICE
MILK

4
BAGEL
FRUIT CHOICE
JUICE
MILK

5
PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

6
CHEESE OMELET
TOAST
ORANGES
JUICE
MILK

7
POP TART
FRUIT CHOICE
JUICE
MILK

10
CEREAL
TOAST
PEARS
JUICE
MILK

11
BISCUITS & GRAVY
PINEAPPLE
JUICE
MILK

12
FRENCH TOAST
FRESH FRUIT
JUICE
MILK

13
PANCAKES
APPLESAUCE
JUICE
MILK

14
NO
SCHOOL

17
NO
SCHOOL

18
SMOOTHIE
CEREAL BAR
FRESH FRUIT
JUICE
MILK

19
PANCAKE &
SAUSAGE ON A
STICK
PINEAPPLE
JUICE
MILK

20
BREAKFAST
BURRITO
FRESH FRUIT
JUICE
MILK

21
POP TART
FRUIT CHOICE
JUICE
MILK

24
CEREAL
TOAST
PEACHES
JUICE
MILK

25
BREAKFAST
PIZZA
MANDARIN
ORANGES
JUICE
MILK

26
FRENCH TOAST
FRESH FRUIT
JUICE
MILK

27
WAFFLES
APPLESAUCE
JUICE
MILK

28
POP TART
FRUIT CHOICE
JUICE
MILK



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

Good Eats At:

DILLER-ODELL PUBLIC SCHOOL

APRIL



Special Announcements

**FRESH FRUIT & VEGETABLE
BAR SERVED DAILY**

MILK CHOICE SERVED DAILY



Monday	Tuesday	Wednesday	Thursday	Friday
3 POPCORN CHICKEN PEAS TROPICAL FRUIT MILK	4 CHILI OR CHICKEN NOODLE FRESH VEGGIES PEACHES CINNAMON ROLL MILK	5 DELI SANDWICH SUNCHIPS FRESH FRUIT MILK	6 WALKING TACO CORN PEARS RICE CRISPY BAR MILK	7 PIZZA LETTUCE SALAD FRUIT CHOICE GELATIN CUP MILK
10 BREADED BEEF PATTIE MASHED POTATOES GREEN BEANS PEACHES DINNER ROLL MILK	11 CHICKEN SANDWICH POTATO SALAD STEAMED CARROTS FRESH FRUIT MILK	12 HOT HAM & CHEESE SANDWICH SWEET POTATO FRIES MIXED FRUIT MILK	13 EARLY DISMISSAL NO LUNCH	14 NO SCHOOL
17 NO SCHOOL	18 HAMBURGER ON BUN FRENCH FRIES APPLESAUCE MILK	19 CAVATINI LETTUCE SALAD PEARS GARLIC TOAST MILK	20 SAUSAGE PANCAKES HASH BROWNS JUICE FRESH FRUIT MILK	21 CHILI CRISPITO MEXICAN RICE CORN FRUIT CHOICE MILK
24 ITALIAN DUNKERS GREEN BEANS PEACHES PEANUT BUTTER BAR MILK	25 MINI CORNDOGS PEAS FRUIT CRISP MILK	26 CHICKEN FAJITA CORN GRAPES PUDDING CUP MILK	27 SLOPPY JOE ON BUN POTATO ROUNDS APRICOTS MILK	28 TACO SOUP CORN CHIPS APPLE WEDGES AUTUMN SPICE BAR MILK



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Good Eats At:

**DILLER-ODELL PUBLIC SCHOOL
 JR & SR HIGH**

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.

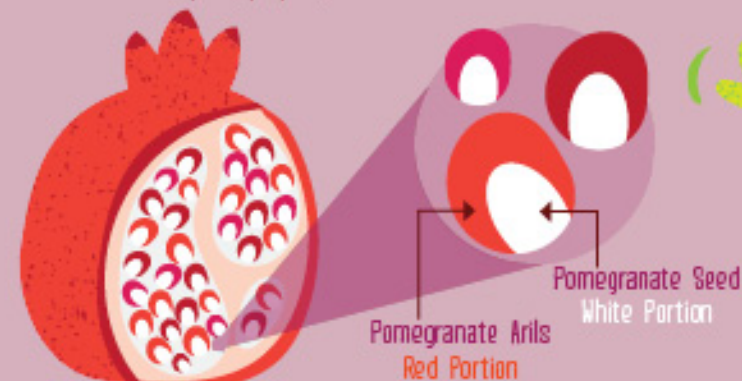
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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 Arneser. He was just a little beet. His message: weighed over 115-one pound!