

APRIL



Special Announcements

BE SURE TO DINE WITH US WHERE WE OFFER A VARIETY AT A REASONABLE PRICE!!
 FID \$10.00 charging policy – Accounts with charges over \$10.00 will receive an alternate meal consisting of Cheese sandwich, apple and milk.

OFFERED DAILY:
 1% WHITE & FAT FREE FLAVORED MILK
 SEASONAL FRESH FRUIT
 100% FRUIT JUICE FOR BREAKFAST
 100% FRUIT JUICE FOR HIGH SCHOOL LUNCH
PRICES: BREAKFAST & LUNCH
FORSAN ELEMENTARY STUDENTS:
 \$1.75 and \$2.50
FORSAN JH/HS STUDENTS:
 \$1.75 AND \$2.75



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>3 Mini Maple Waffles or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Country Fried Steak/Steak Fingers or Chicken Nuggets, Mash Potatoes, Gravy, Savory Green Beans Fresh Fruit & Milk</p> | <p>4 Breakfast Sliders or Variety Cereal w/ Toast, Fruit Juice, Applesauce, <u>Fresh Fruit & Milk</u> Lunch Bean & Cheese Burrito or Cheese Enchiladas, Spanish Rice, Refried Beans, Garden Salad, Salsa, Cookie, Fresh Fruit & Milk</p> | <p>5 French Toast or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Pizza or Crispy Chicken Salad, Italian Vegetables, Fresh Veggie Cup, Garden Salad, Fresh Fruit & Milk</p> | <p>6 Breakfast Pizza or Variety Cereal w/ Toast, Fruit Juice, Pears, <u>Fresh Fruit & Milk</u> Lunch Chicken Sandwich or Garlic French Bread Pizza, Corn, Baby Carrots, Garden Salad, Fresh Fruit & Milk</p> | <p>7 Cinnamon Roll w/ Bacon or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Hamburger or Chicken Strips w/ Gravy & Roll, California Blend Veggies, Tater Tots, Baby Carrots, Fresh Fruit & Milk</p> |
| <p>10 Pancake Wrap w/ Yogurt or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Chicken Sandwich or Grilled Cheese Sandwich w/ Tomato Soup, Seasoned Corn, Garden Salad, Fresh Fruit & Milk</p> | <p>11 Blueberry Mini Pancakes or Variety Cereal w/ Toast, Fruit Juice, Applesauce, <u>Fresh Fruit & Milk</u> Lunch Hot Dog or Mini Corndogs, Savory Green Beans, Garden Salad, Cookie, Fresh Fruit & Milk</p> | <p>12 French Toast or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Pizza or Chef Salad, Italian Vegetables, Fresh Veggie Cup, Garden Salad, Fresh Fruit & Milk</p> | <p>13 Breakfast Pocket or Variety Cereal w/ Toast, Fruit Juice, Pears, <u>Fresh Fruit & Milk</u> Lunch BBQ Pork Sandwich or Sloppy Joe Sandwich, Pinto Beans, Garden Salad, Fresh Fruit & Milk</p> | <p>14 GOOD FRIDAY HOLIDAY</p> |
| <p>17 Mini Maple Waffles or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Country Fried Steak/Steak Fingers or Chicken Nuggets, Mashed Potatoes, Gravy, Savory Green Beans, Fresh Fruit & Milk</p> | <p>18 Breakfast Sliders or Variety Cereal w/ Toast, Fruit Juice, Applesauce, <u>Fresh Fruit & Milk</u> Lunch Mexican Combo Plate or Chicken Quesadilla, Seasoned Corn Refried Beans, Salsa, Fresh Fruit & Milk</p> | <p>19 French Toast or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Pizza or Crispy Chicken Salad, Italian Vegetables, Fresh Veggie Cup, Garden Salad, Fresh Fruit & Milk</p> | <p>20 Breakfast Pizza or Variety Cereal w/ Toast, Fruit Juice, Pears, <u>Fresh Fruit & Milk</u> Lunch BBQ Sandwich or Spaghetti Bowl w/ Breadstick, California Blend, Garden Salad, Fresh Fruit & Milk</p> | <p>21 Cinnamon Roll w/ Bacon or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Hamburger or Mini Corndogs, Tater Tots, Garden Salad, Baby Carrots, Fresh Fruit & Milk</p> |
| <p>24 Pancake Wrap w/ Yogurt or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Popcorn Chicken or Steak Fingers, Mash Potatoes, Gravy, Garden Salad, Fresh Fruit & Milk</p> | <p>25 Blueberry Mini Pancakes or Variety Cereal w/ Toast, Fruit Juice, Applesauce, <u>Fresh Fruit & Milk</u> Lunch Chicken Sandwich or Chicken Parmesan w/ Breadstick, Corn, Garden Salad, Fresh Fruit & Milk</p> | <p>26 French Toast or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Pizza or Chef Salad, Italian Vegetables, Fresh Veggie Cup, Garden Salad, Fresh Fruit & Milk</p> | <p>27 Breakfast Pocket or Variety Cereal w/ Toast, Fruit Juice, Pears, <u>Fresh Fruit & Milk</u> Lunch Chicken Nuggets w. roll or Chicken Spaghetti w. breadstick, Breadsticks, Savory Green Beans, Garden Salad, Fresh Fruit & Milk</p> | <p>28 Dutch Waffle or Variety Cereal w/ Toast, Fruit Juice, Mandarin Oranges, <u>Fresh Fruit & Milk</u> Lunch Hamburger or Corndog, Tater Tots, Pinto Beans, Baby Carrots Fresh Fruit & Milk</p> |



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

Good Eats At:

FORSAN ISD

MENU IS SUBJECT TO CHANGE

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!