

APRIL



Special Announcements

South Beloit School District #320



Monday

Tuesday

Wednesday

Thursday

Friday

3
Assorted Cereal Bowls
Choice of Juice
Choice of Fruit
Choice of Milk

4
Pancakes
Syrup
Choice of Juice
Choice of Fruit
Choice of Milk

5
Assorted Bagels or
Muffins
Choice of Juice
Choice of Fruit
Choice of Milk

6
Scrambled Eggs
w/Ham
Choice of Juice
Choice of Fruit
Choice of Milk

7
Super Donut
Choice of Juice
Choice of Fruit
Choice of Milk

10
Assorted Cereal Bowls
Choice of Juice
Choice of Fruit
Choice of Milk

11
Scrambled Eggs
Honey Wheat Toast
Choice of Juice
Choice of Fruit
Choice of Milk

12
Assorted Bagels or
Muffins
Choice of Juice
Choice of Fruit
Choice of Milk

13
Cinnamon Rolls
Choice of Juice
Choice of Fruit
Choice of Milk

14
No School

17
Assorted Cereal Bowls
Choice of Juice
Choice of Fruit
Choice of Milk

18
Pancakes
Syrup
Choice of Juice
Choice of Fruit
Choice of Milk

19
Assorted Bagels or
Muffins
Choice of Juice
Choice of Fruit
Choice of Milk

20
Assorted Muffins
Choice of Juice
Choice of Fruit
Choice of Milk

21
Super Donut
Choice of Juice
Choice of Fruit
Choice of Milk

24
Assorted Cereal Bowls
Choice of Juice
Choice of Fruit
Choice of Milk

25
Scrambled Eggs
Honey Wheat Toast
Choice of Juice
Choice of Fruit
Choice of Milk

26
Assorted Bagels or
Muffins
Choice of Juice
Choice of Fruit
Choice of Milk

27
Breakfast Burrito or
Blueberry Bread
Choice of Juice
Choice of Fruit
Choice of 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:

South Beloit School District #320

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.

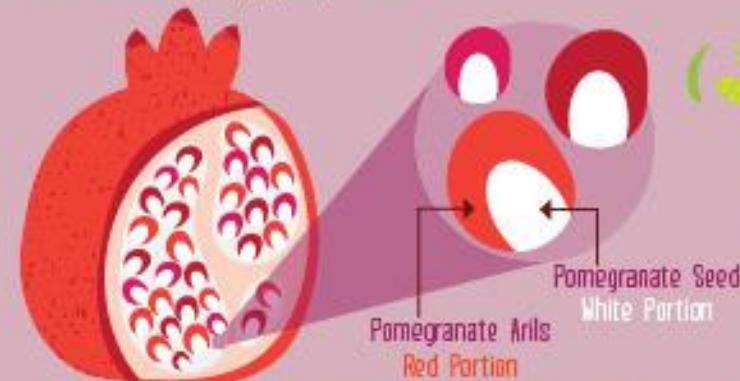
In South Texas areas beets can grow all throughout the winter months. Pacemaker III is a beet variety grown in Texas, but other names include Red Ace, Red Cloud and Warrior.

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.
If escape, weighed over 145 one pound!