

APRIL



Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

3

Sausage
Corn
Peaches
Wheat Rolls
Brownies

Turtle's menu

Hamburgers
Carrots sticks
Chips
Grape/brownies
Ocean Treasure
Mrs. Hook

Lasagna
Steamed Broccoli
Fresh Fruit salad
Garlic Bread

Soft Tacos
Buttered Rice
Charro Beans
Mandarin Oranges
Jell-o

7

Fish Patties on Bun
Pickle wedges
Tater Tots
Carrots sticks
Apples

Chicken N Rice
Casserole
Peas
Cranberry Sauce
Pears
Wheat Rolls

Mini Corn dogs
Cheese bites
Ranch Style Beans
Pineapples tidbit

Meat Ball Subs
Chips
Pickles wedges
Fresh fruit
Easter cupcakes

13

Chicken Nuggets
Scalloped Potatoes
Candied Beets
Applesauce
Wheat Rolls

14

Holiday
Good Friday

Salisbury steak
Rice
Veggie mix
Cinnamon Apples
Wheat Bread

Italian Spaghetti
Garden Salad
Peaches
Wheat Rolls

19

Chicken Parmesan
Angel hair pasta
Green Beans
Apricot
Wheat Rolls

Hot dogs w/chili
Fritos
Cinnamon Nachos
w/fruit salad

Pig in blanket
Pork n beans
Applesauce
Yogurt w vanilla wafer

25

Texas Hash
Glazed Carrots
Pears/cherries
Wheat Bread

Tamale Pie
Corn
Cornbread
Pineapple tidbits

King Ranch Chicken
Tomato, basil n
Mozzarella Salad
Mix Fruit
Wheat Bread

Cheese/beef Nachos
Refried beans
Orange wedges
Cookie

Ham/cheese Bunwich
Chicken noodle soup
Applesauce
Cookie



St. Paul's Christian Day School LUNCH MENU

Good Eats At:

**All Meals include unlimited
milk and water**

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

