<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Turkey Sausage, WG Toast, syrup, Butter, Milk</td>
<td>Waffles, butter, Baked Apples, syrup, Milk</td>
<td>L-Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>4</td>
<td>Cheerios Cereal, WG Toast, syrup, Butter, Milk</td>
<td>Baked Apples, syrup, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>6</td>
<td>B-Turkey Sausage, WG Waffles, syrup, Butter, Milk</td>
<td>L-Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>8</td>
<td>Boiled Egg, WG Toast, butter, Mango, Milk</td>
<td>L-Turkey Taco Burger, Black Beans, Pineapple, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>10</td>
<td>B-Cornflake Cereal, WG Toast, Orange halves, Butter, Milk</td>
<td>L-Sloppy Joe on Bun, Pinto Beans, Banana, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>12</td>
<td>B-Cheerios Cereal, WG Toast, Pears, Jelly, Milk</td>
<td>L-Sweet &amp; Sour Chicken Green Beans, Pineapple, WG Roll, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>14</td>
<td>B-Cornflake Cereal, WG Toast, Orange halves, Butter, Milk</td>
<td>L- Turkey &amp; Cheese Sub, Broccoli w/ranch, Oranges, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>16</td>
<td>B-Cheerios Cereal, WG Toast, Pears, Jelly, Milk</td>
<td>L-Sloppy Joe on Bun, Pinto Beans, Banana, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>18</td>
<td>B-Cheerios Cereal, WG Toast, Pears, Jelly, Milk</td>
<td>L-Sweet &amp; Sour Chicken Green Beans, Pineapple, WG Roll, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>20</td>
<td>B-Cheerios Cereal, WG Toast, Pears, Jelly, Milk</td>
<td>L-Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
<tr>
<td>22</td>
<td>B-Cornflake Cereal, WG Toast, Pears, Jelly, Milk</td>
<td>L-Sweet &amp; Sour Chicken Green Beans, Pineapple, WG Roll, Milk</td>
<td>S- Ground beef with spaghetti, Green Beans, Apricots, Milk</td>
</tr>
</tbody>
</table>

WG = Whole Grain

Milk Choice Daily: Whole and 1%

Canned Fruit is always drained and in Light Syrup

All Vegetables are steamed

Vegetarian Options:
- 02/4, 5, 22 - Veggie Nuggets
- 02/6, 12 - Veggie Spaghetti
- 02/7, 21 - Veggie Taco Burger
- 02/8 - Toasted Cheese
- 02/13 - Sweet & Sour Veg. Nuggets
- 02/14 - Veggie Sloppy Joe
- 02/19 - BBQ Veggie Nuggets
- 02/20 - Garden Burger
- 02/25, 27 - Cheese Quesadilla
- 02/26 - Veggie Meatballs
Ruby Red Beam
Grapefruit

One warm day in February a light rain shower came over Healthyville. Once the rain passed a rainbow appeared in the sky touching down on a grapefruit tree. A single grapefruit on the tree began to glow inside causing the fruit to fill with energy and come alive. A farmer noticed movement in the tree and stumbled upon Ruby Red. She was the first of her kind. She explained to him that she and her fellow grapefruit friends were a good source of nutritious vitamin C and that it was her mission to bring nutrition to all the residents of Healthyville. The farmer agreed to help Ruby Red plant grapefruit trees all over Healthyville and the state of Texas so everyone could enjoy the nutritious benefits and great taste of grapefruit.

Ruby Red Beam’s Favorite Activities
Softball

Arch Enemy
Snails: The common garden snail can cause extensive damage to the leaves and fruit of citrus, especially grapefruit and oranges. They start by attacking young leaves by chewing holes in them and leaving them severely damaged.

Fun Facts
- “Ruby Red” was discovered as a limb sport (a mutation of one limb which has different fruit characteristics than the rest of the tree) on a ‘Pink Marsh’ tree in 1929 by A. E. Henninger of McAllen, Texas, who was granted a patent (U.S. Plant Patent No. 63) in 1934.
- Grapefruits are a combination of the orange and a pummelo.

How Many?
Count the correct number of each fruit or vegetable below.

Joke of the Month
Q: Why did the grapefruit fail his driving test?
A: It kept peeling out.

Sources: Texas A&M and Agrilife Extension