### Vegetarian Options

- **4/3** Meat Sub w/BBQ on WG Bun
- **4/4** Cheese Quesadilla
- **4/5** Meat Sub w/Pasta & Sauce
- **4/6** Veggie Pattie on WG Bun
- **4/7** Veggie Nuggets
- **4/11** Cheese Quesadilla
- **4/12** Veggie Nuggets
- **4/13** Meat Sub /Pasta & Sauce
- **4/17** Cheese Quesadilla
- **4/18** Meat Sub w/Sloppy Joe Seasoning
- **4/19** Veggie Nuggets
- **4/20** Veggie Pattie
- **4/21** Veggie Pattie
- **4/22** Cheese Quesadilla
- **4/25** Cheese Ravioli w/Extra Cheese
- **4/27** Veggie Pattie
- **4/28** Meat Sub.

### 100% Whole Grain (WG) Products Served

- Milk Choices: Whole, 1% or Fat Free
- Canned Fruit is always drained and in light syrup

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### Good Eats At:

**Annual Student Art Contest continues!**

*Send us your most creative drawings and creations!*

[Visit SquareMeals.org/artcontest for more details.]

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This institution is an equal opportunity provider.
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 years 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

Did You Know?

According to the Guinness World Records the heaviest beet in the world...

Joke of the Month

Q. Why couldn’t the kid finish the race?

see answer below.

Visit: SquareMeals.org/SeasonalityWheel

This product was funded by USDA. This institution is an equal opportunity provider.