

# APRIL



## Special Announcements

Since we are winding down to the end of the school year we will no longer be allowing charging beginning April 18<sup>th</sup>. Students must have money in their accounts or in hand. If you have any questions about your child's account please email me at [cknaus@hollandisd.org](mailto:cknaus@hollandisd.org)



Monday	Tuesday	Wednesday	Thursday	Friday
7 Spaghetti W meat Popcorn Chicken Salad Green Beans Breadstick Fruit Milk	8 Burger Grilled Chic on Bun Sweet Tots Burger Salad Fruit Milk	9 Pizza Chicken Spag Corn Ironman Salad Fruit Milk	6 Nachos W Beef Chicken Fajita Charro Beans Spanish Rice Veggie Dippers Fruit Milk	5 Hot Dog Fish Sticks Broc Normandy Mac and cheese Salad Fruit Milk
10 Steak Finger Chic Nugget Mash Potatoes Glazed Carrots WW Roll Fruit Milk	11 Buffalo Chic Flatbread Chicken Quesadilla Salad Spanish Rice Fruit Milk	12 Pizza Turkey Panini Corn Salad Fruit Milk	13 Lasagna Power Meatball Sub Herb Broc Spinach Salad Breadstick Fruit Milk	14 Holiday
17 Bad Weather Day	18 Pulled Pork on Bun BBQ Chickem Baked Beans Coleslaw Fruit Milk	19 Pizza Chicken Pot Pie Corn Salad Fruit Milk	20 Ranch Parm Ch Pasta Corndog Carrot Sticks Veggie Medley Breadsticks Fruit Milk	21 Sausage Wrap Hot Ham and Cheese Broc Normandy Doritos Fruit Milk
24 Breaded Chick Sandwich Cheese burger French Fries Burger Cup Carrot Sticks Fruit Milk	25 Crispy Tacos Chicken Fajita Refried Beans Taco Lettuce Cup Fruit Milk	26 Pizza Chili Mac Corn Salad Fruit Milk	27 Bacon Rch Chic Flatbrea Grilled Chicken Sand Iron man Salad Sweet Tots Fruit Milk	28 Hoagie Grilled Cheese Veggie Dippers Salad Baked Beans Fruit Milk



ANNUAL STUDENT ART CONTEST CONTINUES!  
 SEND US YOUR MOST CREATIVE  
 DRAWINGS AND CREATIONS!  
 VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST) FOR MORE DETAILS.

Good Eats At:

Holland ISD

# 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](http://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 Krieger. He was just a little beet. If message, weighed over 145 one pound!