

April 2015

Score BIG

with a **HEALTHY TEXAS MEAL**

Kids, which came first, the chicken or the egg? Who knows?

It is known that eggs are nutritious! They are a good source of protein, which helps you build strong muscles. Whether it's breakfast or any other meal, eggs make an eggcellent addition. They're delicious!

Monday

Tuesday

Wednesday

Thursday

Friday

Texas Scores Big, Did you know that an average hen can produce 250 to 300 eggs per year and Texas hens produce more than 5 billion eggs every year? Next time you visit the grocery store, spot the **GO TEXAN** mark—it identifies Texas products. That way you know you are eating eggs that were laid by Lone Star hens.



BISCUITS & GRAVY
SCRAMBLED EGGS
FRUIT
JUICE
MILK

1

OATMEAL
CINNAMON TOAST
FRUIT
JUICE
MILK

2

HAPPY
EASTER

3

Good Eats at

**MCLEAN
CAFETERIA**

PANCAKE WRAP
YOGURT
FRUIT
JUICE
MILK

6

CHICKEN &
BISCUIT
FRUIT
JUICE
MILK

7

FRENCH TOAST
BACON
FRUIT
JUICE
MILK

8

BREAKFAST
POCKET
FRUIT
JUICE
MILK

9

MUFFIN
SAUSAGE
FRUIT
JUICE
MILK

10

CHICKEN &
WAFFLES
FRUIT
JUICE
MILK

13

BREAKFAST CLUB
FRUIT
JUICE
MILK

14

SCRAMBLED
EGGS
TEXAS TOAST
SAUSAGE
FRUIT
JUICE
MILK

15

MUFFINS
YOGURT
FRUIT
JUICE
MILK

16

BREAKFAST PIZZA
FRUIT
JUICE
MILK

17

APPLE OR
CHERRY
STRUDEL
FRUIT
JUICE
MILK

20

SCRAMBLED EGGS
BISCUIT
FRUIT
JUICE
MILK

21

CINNAMON ROLL
FRUIT
JUICE
MILK

22

PANCAKE WRAP
YOGURT
FRUIT
JUICE
MILK

23

BREAKFAST
BURRITO
FRUIT
JUICE
MILK

24

SAUSAGE
BISCUIT
CHEESE STICK
FRUIT
JUICE
MILK

27

MUFFIN
SCRAMBLED EGGS
FRUIT
JUICE
MILK

28

FRENCH TOAST
BACON
FRUIT
JUICE
MILK

29

BAGEL w/
TOPPINGS
CEREAL
FRUIT
JUICE
MILK

30

Special Announcements

REMINDER: PLEASE PRE PAY
CAFETERIA BILLS
EARLY RELEASE 4-2-15
SCHOOL HOLIDAY 4-3-15
MAKE -UP SNOW DAY 4-24-15

HAVE A HAPPY EASTER

MCLEAN ISD IS AN EQUAL OPPORTUNITY
EMPLOYER AND PROVIDER
TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

"Eggs Ole" Recipe

8 eggs

4 medium corn tortillas

1 medium onion diced

1 medium sweet red pepper diced

1/4 cup of salsa

1/4 tsp. pepper

1/2 cup shredded cheese

For cooking instructions visit
www.eggs.ca/recipes/eggs-ole.

