

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.



TUKEY & CHHESE
WRAP
CHIPS
TOMATO CUP
SALAD
FRUIT
CAKE
MILK

1

HAMBURGER w/
GARNISH
BABY CARROTS
BROCCOLI BITES
APPLE
MILK

2

HAPPY
EASTER

3

Good Eats at
**MCLEAN
CAFETERIA**

CHICKEN FRIED
STEAK
MASH. POTATOES
w/GRAVY
GREEN BEANS
ROLL
FRUIT
MILK

6

CHICKEN
QUESDILLAS
SALSA
SALAD
REFRIED BEANS
APPLESAUCE
MILK

7

CHICKEN
SPAGHETTI
BREADSTICK
SALAD
CALIFORNIA
BLEND
APPLE
MILK

8

TURKEY & CHEESE
SUB
BABY CARROTS
CORN
ORANGES
MILK

9

POPCORN CHICKEN
SWEET POTATO
FRIES
ROLL
ZESTY
CUCUMBERS
SLICED PEACHES
MILK

10

CORN DOG
BAKED BEANS
SALAD
APPLE-
PINEAPPLE
D'LITE
MILK

13

GRILLED CHEESE
SANDWICH
BABY CARROTS
SALAD
PEARS
SHERBET
MILK

14

BURRITO
SALSA
MEXICALI CORN
FRESH VEGGIES
FRUIT
MILK

15

CHICKEN NUGGETS
MASHED
POTATOES
GRAVY
SALAD
BREADSTICK
COOKIE
MILK

16

TACO SALAD
SALSA
TOMATO &
CUCUMBER CUP
BABY CARROTS
MANDARIN
ORANGES
MILK

17

CHICKEN
FAJITAS
SALSA
CORN
BABY CARROTS
FRUIT
MILK

20

ASIAN CHICKEN
BROWN RICE
BABY CARROTS
BROCCOLI
PINEAPPLE
COOKIE
MILK

21

TURKEY &
CHEESE WRAP
CHIPS
TOMATO CUP
SALAD
HOT CINNAMON
APPLES
MILK

22

CHICKEN
SANDWICH w/
GARNISH
TATOR TOTS
WESTERN BEANS
PEARS
MILK

23

PIZZA
GREEN BEANS
SALAD
APPLE SLICES
MILK

24

PORK CHOP
SALAD
CARROTS
BREADSTICK
SLICED PEACHES
PUDDING
MILK

27

TACOS
SPANISH RICE
SALAD
CHARRO BEANS
SALSA
CINNAMON
APPLESAUCE
MILK

28

SALISBURY STEAK
w/GRAVY
MASHED
POTATOES
ROLL
GREEN BEANS
FRUIT
MILK

29

TERIYAKI BEEF
SANDWICH
CHIPS
BROCCOLI BITES
SALAD
ORANGES
MILK

30

Special Announcements

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

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.

