

December 2014

# Score BIG

with a HEALTHY TEXAS MEAL

*Score Big* this month by eating a variety of citrus! This is the season to taste satsumas, blood oranges, tangerines, clementines and tangelos. Choose fruits that feel firm and heavy for their size. Taste and enjoy!



*Monday*

PANCAKE &  
SAUSAGE WRAP  
YOGURT  
FRUIT  
JUICE  
MILK

1

*Tuesday*

CHICKEN & BISCUIT  
FRUIT  
JUICE  
MILK

2

*Wednesday*

FRENCH TOAST  
BACON  
FRUIT  
JUICE  
MILK

3

*Thursday*

BREAKFAST  
POCKET  
FRUIT  
JUICE  
MILK

4

*Friday*

MUFFINS  
SAUSAGE  
FRUIT  
JUICE  
MILK

5

*Good Eats at*

MCLEAN CAFETERIA

*Special Announcements*

REMINDER: PLEASE PREPAY  
CAFETERIA BILLS  
MENU SUBJECT TO CHANGE  
CEREAL & TOAST OFFERED  
DAILY AS 2<sup>ND</sup> CHOICE  
EARLY RELEASE 12-19-14  
WE WISH EVERYONE A MERRY  
CHRISTMAS!

MCLEAN ISD IS AN  QUAL OPPORTUNITY  
PROVIDER  
TEXAS DEPARTMENT OF AGRICULTURE

CHICKEN &  
WAFFLES  
FRUIT  
JUICE  
MILK

8

BREAKFAST CLUB  
FRUIT  
JUICE  
MILK

9

SCRAMBLED  
EGGS  
SAUSAGE  
TEXAS TOAST  
FRUIT  
JUICE  
MILK

10

MUFFINS  
YOGURT  
FRUIT  
JUICE  
MILK

11

BREAKFAST  
PIZZA  
FRUIT  
JUICE  
MILK

12

APPLE OR  
CHERRY  
STRUDEL  
CHEESESTICK  
FRUIT  
JUICE  
MILK

15

SCRAMBLED EGGS  
BISCUIT  
FRUIT  
JUICE  
MILK

16

CINNAMON ROLL  
BACON  
FRUIT  
JUICE  
MILK

17

PANCAKE &  
SAUSAGE WRAP  
YOGURT  
FRUIT  
JUICE  
MILK

18

BREAKFAST  
BURRITO  
FRUIT  
JUICE  
MILK

19

MERRY  
CHRISTMAS

22

MERRY  
CHRISTMAS

23

MERRY  
CHRISTMAS

24

Happy  
holidays

25

MERRY  
CHRISTMAS

26

MERRY  
CHRISTMAS

29

MERRY  
CHRISTMAS

30

2015  
HAPPY NEW YEAR

31

Citrus drinks like orange juice and grapefruit juice are very refreshing when the weather is hot, but did you know that summer is not citrus season? Peak citrus season is actually in the fall and winter!



*Texas Scores Big!*

Did you know that Texas oranges are in season from September through April? South Texas scores big because its sub-tropical climate is perfect for growing them!

To learn more about Texas citrus fruits visit [www.texasweet.com](http://www.texasweet.com)

