

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

CHICKEN FAJITAS
SALSA
CORN
BABY CARROTS
FRUIT
MILK

1

Tuesday

ASIAN CHICKEN
RICE
BABY CARROTS
BROCCOLI
PINEAPPLE
COOKIE
MILK

2

Wednesday

TURKEY &
CHEESE WRAP
SUN CHIPS
TOMATO CUP
SALAD
HOT CIN APPLES
MILK

3

Thursday

CHEESEBURGER
TATOR TOTS
WESTERN BEANS
PEARS
MILK

4

Friday

PIZZA
GREEN BEANS
SALAD
APPLE SLICES
MILK

5

Good Eats at

MCLEAN CAFETERIA

Special Announcements

REMINDER: PLEASE PRE PAY
CAFETERIA BILLS
MENU SUBJECT TO CHANGE
EARLY RELEASE 12-19-14
WE ALL WISH EVERYONE A
VERY MERRY CHRISTMAS & A
HAPPY NEW YEAR!

MCLEAN ISD IS AN EQUAL OPPORTUNITY
PROVIDER



TEXAS DEPARTMENT OF AGRICULTURE

PORK CHOP
SALAD
CARROTS
SLICED PEACHES
BREADSTICK
PUDDING
MILK

8

TACOS
SPANISH RICE
SALAD
CHARRO BEANS
SALSA
CINN. APPLESAUCE
MILK

9

SALISBURY STEAK
W/ GRAVY
MASHED
POTATOES
ROLL
FRUIT
MILK

10

BURRITO
SALSA
BROCCOLI BITES
SALAD
ORANGES
MILK

11

HOT DOG
SWEET POTATO
FRIES
CUCUMBERS
FRESH FRUIT
MILK

12

HAMBURGER
OVEN FRIES
SALAD
FRESH VEGGIES
MIXED FRUIT
MILK

15

BAKED POTATO W/
HAM & CHEESE
BREADSTICK
SALAD
SALSA
CORN
SNOWBALL SALAD
MILK

16

PIZZA DIPPERS
W/ SAUCE
SALAD
BABY CARROTS
APPLE SLICES
BROWNIE COOKIE
MILK

17

MEATLOAF
GREEN BEANS
MASHED
POTATOES
ROLL
FRUIT
MILK

18

BBQ ON A BUN
COLESLAW
PINTO BEANS
BABY CARROTS
ORANGES
MILK

19

MERRY
CHRISTMAS

22

MERRY
CHRISTMAS

23

MERRY
CHRISTMAS

24



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

