

January 2015

# Score BIG

with a HEALTHY TEXAS MEAL

*Texas Scores Big!* What is orange on the outside, red on the inside and was designated the official state fruit of Texas in 1993? **The Texas Ruby Red Grapefruit!** It was discovered on a farm in McAllen, Texas in 1929.



Monday

Tuesday

Wednesday

Thursday

Friday

*Kids*, as mentioned last month, it's citrus season! This month, try grapefruit. Did you know freshly squeezed grapefruit juice, stored covered in the refrigerator, will retain 98% of its vitamin C for up to a week. **That is one healthy drink!**



HAPPY  
NEW YEAR  
2015

*Good Eats at*

MCLEAN CAFETERIA

*Special Announcements*

REMINDER: PLEASE PREPAY  
CAFETERIA BILLS

MENU SUBJECT CHANGE

WISHES FOR A WONDERFUL 2015

MCLEAN ISD IS AN EQUAL OPPORTUNITY  
PROVIDER



*"Texas Grapefruit Sunriser  
Smoothie" Recipe*

- 2 Texas Red Grapefruits
- 8 large strawberries
- 2 ripe bananas
- 8 ounces strawberry-banana yogurt
- 2 tablespoons honey
- 1 cup crushed ice



For mixing directions visit  
[texasweet.com](http://texasweet.com) and click on recipes.

SAUSAGE ROLL  
YOGURT  
FRUIT  
JUICE  
MILK

5

CHEESE OMELET  
WRAP  
FRUIT  
JUICE  
MILK

6

BREAKFAST  
PIZZA  
FRUIT  
JUICE  
MILK

7

WAFFLES  
SAUSAGE  
FRUIT  
JUICE  
MILK

8

CINNAMON ROLL  
BACON  
FRUIT  
JUICE  
MILK

9

PANCAKES  
BACON  
FRUIT  
JUICE  
MILK

12

SUNRISE  
SANDWICH  
FRUIT  
JUICE  
MILK

13

BISCUITS &  
GRAVY  
SCRAMBLED  
EGGS  
FRUIT  
JUICE  
MILK

14

OATMEAL  
CINNAMON TOAST  
FRUIT  
JUICE  
MILK

15

BREAKFAST  
BURRITO  
FRUIT  
JUICE  
MILK

16

PANCAKE WRAP  
YOGURT  
FRUIT  
JUICE  
MILK

19

CHICKEN &  
BISCUIT  
FRUIT  
JUICE  
MILK

20

FRENCH TOAST  
BACON  
FRUIT  
JUICE  
MILK

21

EARLY BIRD  
SANDWICH  
FRUIT  
JUICE  
MILK

22

MUFFIN  
SAUSAGE  
FRUIT  
JUICE  
MILK

23

CHICKEN &  
WAFFLES  
FRUIT  
JUICE  
MILK

26

BREAKFAST CLUB  
FRUIT  
JUICE  
MILK

27

SCRAMBLED  
EGGS  
TEXAS TOAST  
SAUSAGE  
FRUIT  
JUICE  
MILK

28

MUFFIN  
YOGURT  
FRUIT  
JUICE  
MILK

29

BREAKFAST PIZZA  
FRUIT  
JUICE  
MILK

30