

May 2014



Greetings From



Kids, have you ever eaten kale chips? They are really delicious and easy to prepare. After you wash it, tear the kale into small pieces, discarding the stem. Pat it dry with a paper towel, place on a cookie sheet, rub with olive oil, add seasoning and bake at 400 degrees for 10-15 minutes.

Monday

Tuesday

Wednesday

Thursday

Friday

Eating Right The best fruit or vegetable is a fresh one and many favorites are in season in May. During this time of year, you can eat fresh blackberries, blueberries, cucumbers, tomatoes, peaches and plums. Eating fresh foods like these daily will help your body and mind operate at their best!



SAUSAGE
KOLACHE
OVEN POTATOES
TOAST & JELLY
JUICE
MILK

CHEESE OMELETTE
TOAST & JELLY
JUICE
MILK

Good Eats at
MCLEAN CAFETERIA

FRENCH TOAST
STICKS
TOAST & JELLY
JUICE
MILK

BREAKFAST CLUB
TOAST & JELLY
JUICE
MILK

SCRAMBLED
EGGS
BISCUIT
GRAVY
TOAST & JELLY
JUICE
MILK

CHICKEN &
WAFFLES
TOAST & JELLY
JUICE
MILK

BREAKFAST
BURRITO
TOAST & JELLY
JUICE
MILK

Special Announcements
MENU SUBJECT TO CHANGE

NO SCHOOL 5-16-14

BAD WEATHER DAY

NO SCHOOL 5-26-14

PROFESSIONAL
DEVELOPMENT WAIVER DAY

REMINDER: PRE-PAY FOR
CAFETERIA MEALS

CEREAL
MUFFIN
TOAST & JELLY
JUICE
MILK

CHICKEN &
BISCUIT
TOAST & JELLY
JUICE
MILK

PANCAKE &
SAUSAGE STICK
TOAST & JELLY
JUICE
MILK

SUNRISE
SANDWICH
TOAST & JELLY
JUICE
MILK

NO SCHOOL

SNOW DAY!

SAUSAGE & EGG
BISCUIT
TOAST & JELLY
JUICE
MILK

PANCAKES
BACON
TOAST & JELLY
JUICE
MILK

SCRAMBLED
EGGS
BISCUIT
GRAVY
TOAST & JELLY
JUICE
MILK

BREAKFAST PIZZA
TOAST & JELLY
JUICE
MILK

WAFFLE
SAUSAGE
TOAST & JELLY
JUICE
MILK

NO SCHOOL

COOKS
CHOICE

COOKS
CHOICE

COOKS
CHOICE

COOKS
CHOICE



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

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Fun Fact! Did you know kale is a leafy green vegetable that is full of vitamins? It's related to cabbage, broccoli, collard greens and Brussels sprouts. You might spot it in smoothies, salads or even on pizza.