

SCORE BIG

October 2014



National School Lunch Week! All over Texas, school cafeterias will join the National School Lunch Week celebration, October 13-17! You will learn all about the Texas foods that score big for lunchtime nutrition. Also, Wednesday, October 15, is "bring a parent to lunch" day! Ask them to join you to "Score Big with a Healthy Texas Lunch" that day.

Monday

Tuesday

Wednesday

Thursday

Friday

Eating Right! Leafy green kale and crispy carrots are **BIG** in Texas. Eat like a healthy Texan this month by trying vegetables you've never eaten before. This is a fun way to stay healthy!

FRENCH TOAST
BACON
FRUIT
JUICE
MILK

1

BAGEL w/ TOPPINGS
CEREAL
FRUIT
JUICE
MILK

2

WAFFELS
SAUSAGE
FRUIT
JUICE
MILK

3

SAUSAGE ROLL
YOGURT
FRUIT
JUICE
MILK

6

CHEESE OMELET
WRAP
FRUIT
JUICE
MILK

7

BREAKFAST PIZZA
FRUIT
JUICE
MILK

8

WAFFLES
SAUSAGE
FRUIT
JUICE
MILK

9

CINNAMON ROLL
BACON
FRUIT
JUICE
MILK

10

NO SCHOOL

13

SUNRISE SANDWICH
FRUIT
JUICE
MILK

14

BISCUITS w/
GRAVY
SCRAMBLED
EGGS
FRUIT
JUICE
MILK

15

OATMEAL
CINNAMON TOAST
FRUIT
JUICE
MILK

16

BREAKFAST
BURRITO
FRUIT
JUICE
MILK

17

PANCAKE WRAP
YOGURT
FRUIT
JUICE
MILK

20

CHICKEN-n-BISCUIT
FRUIT
JUICE
MILK

21

FRENCH TOAST
BACON
FRUIT
JUICE
MILK.

22

BREAKFAST
POCKET
FRUIT
JUICE
MILK

23

MUFFIN
SAUSAGE
FRUIT
JUICE
MILK

24

CHICKEN-n-
WAFFLES
FRUIT
JUICE
MILK

27

BREAKFAST CLUB
FRUIT
JUICE
MILK

28

TEXAS TOAST
SCRAMBLED EGGS
SAUSAGE
FRUIT
JUICE
MILK

29

MUFFIN
YOGURT
FRUIT
JUICE
MILK

30

BREAKFAST PIZZA
FRUIT
JUICE
MILK

31

Good Eats at
MCLEAN CAFETERIA
GO TIGERS & CUBS



Special Announcements

REMINDER: PLEASE PRE PAY
CAFETERIA BILLS

MENU SUBJECT TO CHANGE

NO SCHOOL OCT. 13TH

MCLEAN ISD IS AN EQUAL OPPORTUNITY



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

Texas Scores Big!

Texas scores big as the state that invented the 1015 onion! It's the official state vegetable for Texans and the Texas A&M scientist who invented the onion called it 1015 because the best day to plant the onion is October 15. The ten is for the 10th month, October and fifteen is for the 15th day of the month.

Get it?