

October 2014

SCORE BIG

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

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!

Tuesday

Wednesday

Thursday

Friday

HOT DOG
BABY CARROTS
CUCUMBER DIPPERS
FRESH FRUIT
MILK

TOASTED HAM &
CHEESE SANDWICH
VEGETABLE SOUP
BABY CARROTS
FRUIT CUP
MILK

CHICKEN FAJITA
SALAD
SALSA
CORN
BABY CARROTS
SLICED PEACHES
MILK

Good Eats at
MCLEAN CAFETERIA

GO TIGERS & CUBS



COUNTRY FRIED
STEAK
MASHED POTATOES
w/ GRAVY
GREEN BEANS
ROLL
FRUIT CUP
MILK

CHICKEN
QUESADILLAS
SALSA
SALAD
REFRIED BEANS
APPLESAUCE
MILK

PIZZA CHIOCE
SALAD
CALIFORNIA
BLEND
APPLE SLICES
MILK

TURKEY & CHEESE
SUB
BABY CARROTS
CORN
SALSA
ORANGE SMILES
MILK

HAMBURGERS
HAMBURGER
GARNISH
ZESTY CUCUMBERS
SWEET POTATO
FRIES
SLICED PEACHES
MILK

Special Announcements

REMINDER: PLEASE PRE PAY
CAFETERIA BILLS

MENU SUBJECT TO CHANGE
NO SCHOOL Oct. 13

MCLEAN ISD IS AN EQUAL OPPORTUNITY
PROVIDER



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

NO SCHOOL

GRILLED CHEESE
SANDWICH
TOMATO SOUP
SALAD
PEARS
LIME SHERBET
MILK

BEEF & BEAN
BURRITO
SALSA
MEXACALI CORN
FRESH VEGGIE
CUP
FRUITY GELATIN
MILK

CHICKEN NUGGETS
w/ GRAVY
SALAD
MASHED POTATOES
FRESH GRAPES
BREADSTICK
CHOC. CHIP COOKIE
MILK

TACO SALAD
SPANISH RICE
SALSA
TOMATO &
CUCUMBER CUP
BABY CARROTS
MANDARIN ORANGES
MILK

CHICKEN FAJITAS
SALSA
CORN
BABY CARROTS
FRESH FRUIT
MILK

ASIAN CHICKEN
BROWN RICE
BABY CARROTS
STEAMED
BROCCOLI
PINEAPPLE
SUGAR COOKIE
MILK

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

CHICKEN
SANDWICH w/
GARNISH
POTATO ROUNDS
WESTERN BEANS
DICED PEARS
MILK

PIZZA CHOICE
GREEN BEANS
SALAD
APPLE SLICES
MILK

SPAGHETTI w/
MEATBALLS
SALAD
CARROTS
SLICED PEACHES
BREADSTICK
PUDDING
MILK

CRISPY TACOS
SPANISH RICE
SALAD
SALSA
CINNAMON
APPLESAUCE
MILK

CHICKEN STRIPS
MASHED POTATOES
GREEN BEANS
STRAWBERRIES &
BANANAS
ROLL
MILK

TERIYAKI BEEF
SANDWICH
BAKED POTATO
CHIPS
BROCCOLI BITES
SALAD
ORANGES
MILK

SLOPPY JOE
SLIDERS
SWEET POTATO
FRIES
CUCUMBER
DIPPERS
FRESH FRUIT
MILK

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?