

JANUARY

2019



I'm
**ORANGE
STAR**

**GOOD
EATS AT**

*McAllen ISD
Child Nutrition
Services
K-5 Menu*

**SPECIAL
ANNOUNCEMENTS**

* All breakfasts offer a second choice of reduced sugar cereals w graham crackers. Ham & Cheese Sandwich offered as a third choice at lunch

* Flavored and unflavored skim milk offered at each meal service

Menus subject to change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

M	T	W	TH	F
NEW YEAR'S DAY 2019 ₁	NO SCHOOL ₂	NO SCHOOL ₃	NO SCHOOL ₄	
NO SCHOOL ₇	Morning Sausage Roll Juice/Fruit Chalupas OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice ₈	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Burrito w/ Cheese Curly Fries Burger Salad Assorted Fruit/Juice ₉	Marranito Juice/Fruit Spaghetti w/ Meatballs OR Cheese Sticks Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice ₁₀	Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ₁₁
Concha Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Sticks w/ Ranch Assorted Fruit/ Juice ₁₄	French Toast Bites Juice/Fruit Chicken Fajita Taco OR Burrito w/ Cheese Golden Corn Taco Salad Assorted Fruit/Juice ₁₅	Bean & Chorizo Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ₁₆	Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ₁₇	Banana Choc Bar Juice/Fruit Pizza OR Chicken Nuggets Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ₁₈
Pancake Stick Juice/Fruit Hot Ham & Cheese OR Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ₂₁	Mini Pancakes Juice/Fruit Carne Guisada OR Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ₂₂	Honey Bun Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/ Juice ₂₃	Sausage Biscuit Juice/Fruit Roasted Chicken OR Chicken Fried Steak Mashed Potatoes Broccoli w/ Cheese Assorted Fruit/ Juice ₂₄	Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ₂₅
Banana Chocolate Bar Juice/Fruit Chicken Nuggets OR Hot Dog Veggie Nibbles Carrot Sticks w/ Ranch Assorted Fruit/Juice ₂₈	Morning Sausage Roll Juice/Fruit Chalupas OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice ₂₉	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ₃₀	Marranito Juice/Fruit Spaghetti w/ Meatballs OR Cheese Sticks Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice ₃₁	

ORANGE STAR

Orange

Orange Star started out as a little orange blossom that hung on a branch in a grove in Healthyville. During his first winter an early frost caused ice crystals to form all around him. Just as he was about to freeze, the sun hit the crystals in a magical way. Two months later he ripened into a nutritious, fully grown orange and wanted to take the world by storm but did not know how.

Then suddenly, as he fell from the top of the tree, a burst of vitamins shot out like bolts of lightning from his hands as he broke his fall. He discovered he could throw bursts of vitamins to all of the young orange blossoms and they could grow up into nutritious snacks for kids around the world. To this day, Orange Star travels the world turning ordinary orange blossoms into flavorful, nutrient rich oranges that are great snacks for kids to enjoy.



FUN FACTS

Oranges are grown throughout the world in tropical and subtropical areas, but they achieve the best quality under subtropical conditions. For the most part, the warm, humid conditions of South Texas produce a thin-skinned, yellowish orange fruit with yellowish orange flesh that is quite sweet and juicy.

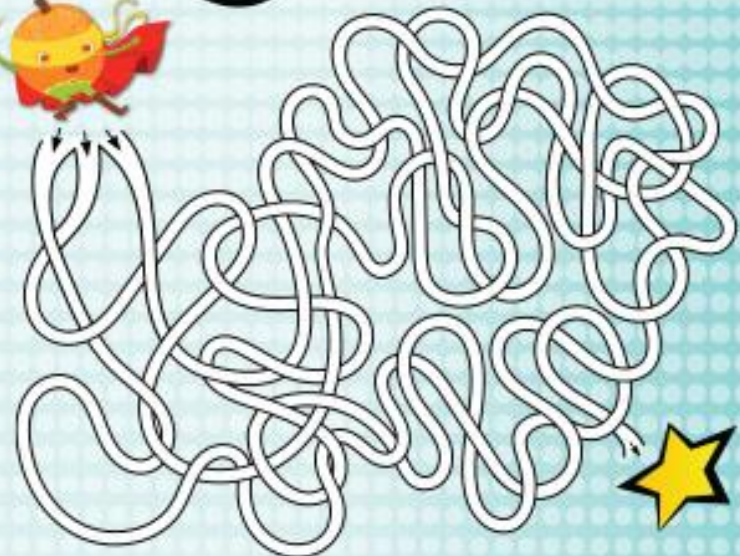


ORANGE STAR'S FAVORITE ACTIVITIES
Traveling and Swimming



MAZE

Color the path that will lead the superhero to his missing star.



POW!
ARCH ENEMY
Fruit Flies

JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

Sources: Texas A&M and Agriflife Extension

Answer: Path #3