

# MARCH

2019



**GOOD EATS AT**

**McAllen ISD  
Child Nutrition  
Services  
K-5 Menu**

**M** **T** **W** **TH** **F**

**ART CONTEST CONTINUES**

**"You ART what You Eat"**  
Create and enter today!  
[SquareMeals.org/artcontest](http://SquareMeals.org/artcontest)

**SCHOOL BREAKFAST WEEK**  
**MARCH 4-8**  
[SquareMeals.org/sbw](http://SquareMeals.org/sbw)

Pancake Stick  
Juice/Fruit  
Hot Ham & Cheese OR  
Hot Dog  
Veggie Nibbles Blend  
Tator Tots  
Assorted Fruit/ Juice <sup>4</sup>

Mini Pancakes  
Juice/Fruit  
Carne Guisada OR  
Tamales  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>5</sup>

Honey Bun  
Juice/Fruit  
Hamburger/Cheeseburger  
OR Burrito  
Curly Fries  
Burger Salad  
Assorted Fruit/ Juice <sup>6</sup>

Sausage Biscuit  
Juice/Fruit  
Roasted Chicken OR  
Chicken Fried Steak  
Mashed Potatoes  
Broccoli w/ Cheese  
Assorted Fruit/ Juice <sup>7</sup>

Banana Choc Bar  
Juice/Fruit  
Pizza OR Fish w/ Mac &  
Cheese  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>8</sup>

**SPECIAL ANNOUNCEMENTS**

**SPRING BREAK NO SCHOOL**  
<sup>11</sup>

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<sup>12</sup>

**SPRING BREAK NO SCHOOL**  
<sup>13</sup>

**SPRING BREAK NO SCHOOL**  
<sup>14</sup>

**SPRING BREAK NO SCHOOL**  
<sup>15</sup>

Banana Choc. Bar  
Juice/Fruit  
Chicken Nuggets  
OR Hot Dog  
Veggie Nibbles Blend  
Carrots w/ Ranch  
Assorted Fruit/Juice <sup>18</sup>

Morning Sausage Roll  
Juice/Fruit  
Chalupas OR Frito Pie  
Refried Beans  
Taco Salad  
Assorted Fruit/Juice <sup>19</sup>

Breakfast Taco  
Juice/Fruit  
Hamburger/Cheeseburger  
OR Burrito  
Curly Fries  
Burger Salad  
Assorted Fruit/Juice <sup>20</sup>

Marranito  
Juice/Fruit  
Spaghetti w/ Meat Sauce  
OR Cheese Sticks  
Corn on the Cob  
Seasoned Cucumbers  
Assorted Fruit/ Juice <sup>21</sup>

Banana Choc Bar  
Juice/Fruit  
Pizza OR Fish w/ Mac &  
Cheese  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>22</sup>

Concha  
Juice/Fruit  
Mini Corn Dogs OR  
Hot Dog  
Veggie Nibbles Blend  
Carrot Sticks w/ Ranch  
Assorted Fruit/ Juice <sup>25</sup>

French Toast Bites  
Juice/Fruit  
Chicken Fajita w/ Tortilla  
OR Burrito w/ Cheese  
Golden Corn  
Taco Salad  
Assorted Fruit/Juice <sup>26</sup>

Breakfast Taco  
Juice/Fruit  
Hamburger/Cheeseburger  
OR Chicken Burger  
Curly Fries  
Burger Salad  
Assorted Fruit/Juice <sup>27</sup>

Morning Sausage Roll  
Juice/Fruit  
Cheese Enchiladas OR  
Beef Tamales  
Refried Beans  
Taco Salad  
Assorted Fruit/ Juice <sup>28</sup>

Banana Choc Bar  
Juice/Fruit  
Pizza OR Chicken  
Nuggets  
Carrot Sticks w/ Ranch  
Spring Mix Salad  
Assorted Fruit/ Juice <sup>29</sup>

\*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

[f](#) [t](#) [v](#) [i](#)

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**GUS JUSTICE**  
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.



**FUN FACT**

Asparagus is good source of vitamin A and C and minerals



**GUS JUSTICE'S FAVORITE ACTIVITIES**  
Track and field and Bowling



**POW!**  
ARCH ENEMY  
Candy Criminals



**JOKE OF THE MONTH**

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Answer) Spare | 2 pins

**FIND THE SIX DIFFERENCES**



Sources: Texas A&M and Agrilife Extension