

APRIL

2019



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
* Menu changes made to assist with STARR administration



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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This product was funded by USDA.
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I'm the **BOUNDLESS BERRY**

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 5 and Younger

M	T	W	TH	F
Mini Pancakes Juice/Fruit Hot Ham & Cheese OR Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ¹	Breakfast Taco Juice/Fruit Carne Guisada OR Tamales Refried Beans Taco Salad Assorted Fruit/ Juice ²	Honey Bun Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/ Juice ³	Sausage Biscuit Juice/Fruit Roasted Chicken OR Chicken Fried Steak Mashed Potatoes Broccoli w/ Cheese Assorted Fruit/ Juice ⁴	Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ⁵
Banana Chocolate Bar Juice/Fruit Chalupas OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice ⁸	Morning Sausage Roll Juice/Fruit Chicken Nuggets OR Hot Dog Veggie Nibbles Blend Carrots w/ Ranch Assorted Fruit/Juice ⁹	Pancake on a Stick Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/Juice ¹⁰	Marranito Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ¹¹	Banana Chocolate Bar Juice/Fruit Spaghetti w/ Meat Sauce OR Cheese Sticks Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice ¹²
Concha Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Coins Assorted Fruit/ Juice ¹⁵	French Toast Bites Juice/Fruit Chicken Fajita w/ Tortilla OR Burrito w/ Cheese Golden Corn Taco Salad ¹⁶	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Burger Curly Fries Burger Salad Assorted Fruit/Juice ¹⁷	Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Green Beans Assorted Fruit/ Juice ¹⁸	NO SCHOOL ¹⁹
NO SCHOOL ²²	Mini Pancakes Juice/Fruit Hot Ham & Cheese OR Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice ²³	Honey Bun Juice/Fruit Hamburger/Cheeseburger OR Burrito Curly Fries Burger Salad Assorted Fruit/ Juice ²⁴	Sausage Biscuit Juice/Fruit Roasted Chicken OR Chicken Fried Steak Mashed Potatoes Broccoli w/ Cheese Assorted Fruit/ Juice ²⁵	Banana Choc Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice ²⁶
Banana Choc. Bar Juice/Fruit Chicken Nuggets OR Hot Dog Veggie Nibbles Blend Carrots w/ Ranch Assorted Fruit/Juice ²⁹	Morning Sausage Roll Juice/Fruit Chalupas OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice ³⁰	ART CONTEST ENDS		

"You ART What You Eat"
Art Contest
ENDS APRIL 12TH
SquareMeals.org/artcontest

BOUNDLESS BERRY

Strawberry



During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips of her hair were also able to spin so fast allowing her to fly. At that moment, she became The Boundless Berry. She wanted all of the kids of the world to have access to delicious healthy strawberries so she flew around the world planting strawberries at every location she could, giving children access to vitamin C and fiber to help boost their immune systems and grow strong.

FUN FACT

Strawberry is the most popular berry in the United States.

BOUNDLESS BERRY'S FAVORITE ACTIVITIES

Fishing, Canoeing and Running



POW!

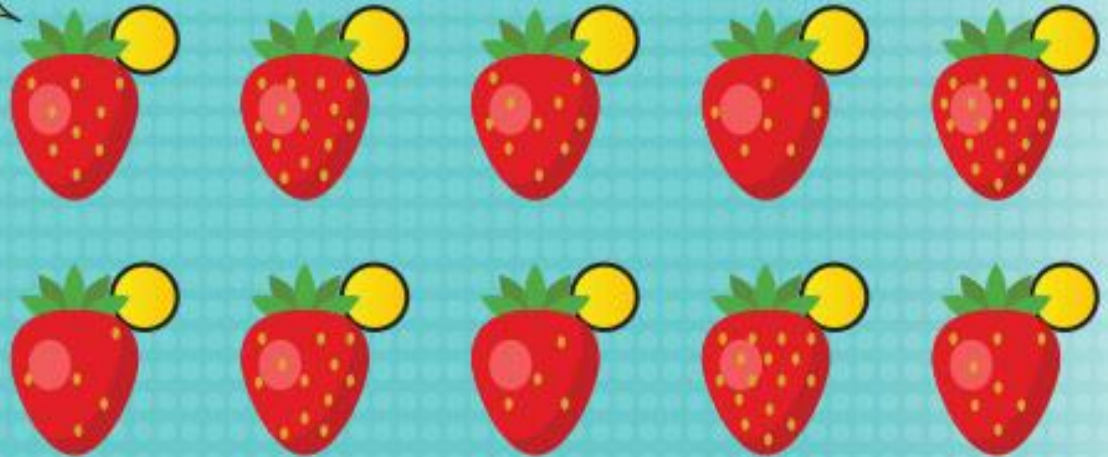
ARCH ENEMY

Strawberry Flavored Candy



COUNT 'EM!

Identify the correct number of seeds on each strawberry.



JOKE OF THE MONTH

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Sources: Texas A&M and Agrilife Extension