

# APRIL

2019



**GOOD EATS AT**

**McAllen ISD  
Child Nutrition  
Services  
Middle School  
Menu**

**SPECIAL ANNOUNCEMENTS**

All breakfasts offer a second choice of reduced sugar cereals w/ graham crackers. Ham & Cheese & pizza offered as additional choices at lunch  
\* Flavored and unflavored skim milk offered at each meal service  
\* Menu changes made to assist with STARR administration

Menus subject to change

I'm the **BOUNDLESS BERRY**

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

M	T	W	TH	F
Peanut Butter Wafer Juice/Fruit Chicken Burger OR Cheese Sticks Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice <sup>1</sup>	Marranito Juice/Fruit Chicken Fajita w/ Tortilla OR Burrito w/ Cheese Mexicali Corn Taco Salad Assorted Fruit/ Juice <sup>2</sup>	Honey Bun Juice/Fruit Carne Guisada OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice <sup>3</sup>	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Fajita Wrap Burger Salad Curly Fries Assorted Fruit/ Juice <sup>4</sup>	Banana Choc Bar Juice/Fruit Pizza OR Southwest Chicken Salad Carrot Sticks w/ Ranch Seasoned Cucumbers Assorted Fruit/ Juice <sup>5</sup>
Banana Chocolate Bar Juice/Fruit Beef N Broccoli Bowl OR Italian Meatball Hoagie Carrot Coins Golden Corn Assorted Fruit/ Juice <sup>8</sup>	Pancake on a Stick Juice/Fruit Mini Corn Dogs OR Hot Dog Veggie Nibbles Blend Carrot Sticks w/ Ranch Assorted Fruit/ Juice <sup>9</sup>	Morning Sausage Roll Juice/Fruit Hamburger/Cheeseburger OR Spaghetti w/ Cornbread Burger Salad Assorted Fruit/ Juice <sup>10</sup>	Breakfast Taco Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice <sup>11</sup>	Marranito Juice/Fruit Chalupas w/ Jalapeno OR Frito Pie Refried Beans Taco Salad Assorted Fruit/ Juice <sup>12</sup>
Concha Juice/Fruit Spicy Chicken Tenders OR Beef Fingers Broccoli w Cheese Mashed Potatoes Assorted Fruit/ Juice <sup>15</sup>	French Toast Bites Juice/Fruit Chicken Fajita w/ Tortilla OR Burrito w/ Cheese Golden Corn Taco Salad Assorted Fruit/ Juice <sup>16</sup>	Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice <sup>17</sup>	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Buffalo Chicken Wrap Curly Fries Burger Salad Assorted Fruit/ Juice <sup>18</sup>	<b>NO SCHOOL</b> <sup>19</sup>
<b>NO SCHOOL</b> <sup>22</sup>	Peanut Butter Wafer Juice/Fruit Chicken Burger OR Cheese Sticks Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice <sup>23</sup>	Honey Bun Juice/Fruit Carne Guisada OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice <sup>24</sup>	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Fajita Wrap Burger Salad Curly Fries Assorted Fruit/ Juice <sup>25</sup>	Pancake on a Stick Juice/Fruit Pizza OR Southwest Chicken Salad Carrot Sticks w/ Ranch Seasoned Cucumbers Assorted Fruit/ Juice <sup>26</sup>
Banana Choc. Bar Juice/Fruit Spicy Chicken Tenders OR Beef Fingers Broccoli w Cheese Mashed Potatoes Assorted Fruit/ Juice <sup>29</sup>	Peanut Butter Wafer Juice/Fruit Beef N Broccoli Bowl OR Italian Meatball Hoagie Carrot Coins Golden Corn Assorted Fruit/ Juice <sup>30</sup>	<b>ART CONTEST ENDS</b>		

**"You ART What You Eat"**  
Art Contest  
ENDS APRIL 12<sup>TH</sup>  
[SquareMeals.org/artcontest](http://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!**

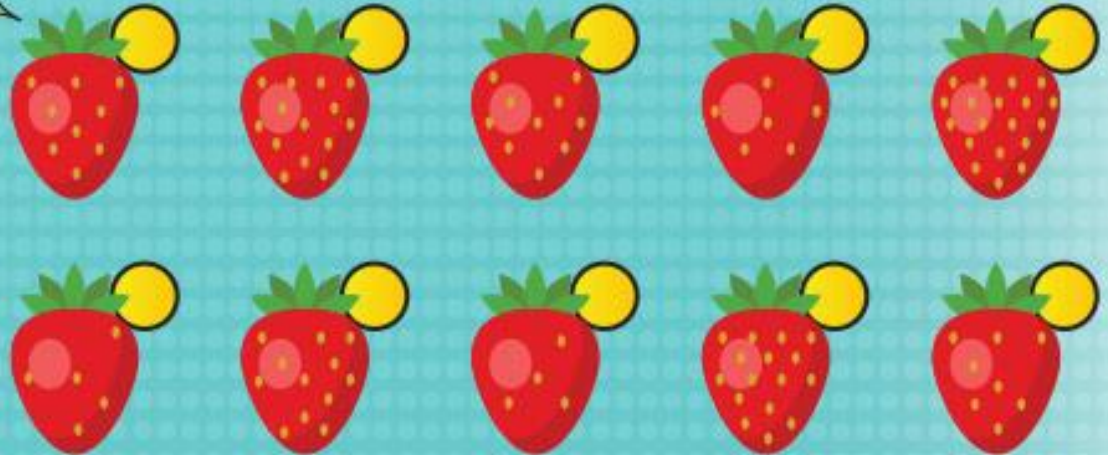
## ARCH ENEMY

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