

JANUARY

2019



I'm
**ORANGE
STAR**

**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**

Menus subject to change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

(M)	(T)	(W)	(TH)	(F)
NO SCHOOL 7	NEW YEAR'S DAY 2019 1	NO SCHOOL 2	NO SCHOOL 3	NO SCHOOL 4
NO SCHOOL 7	PB Jamwich Juice/Fruit Beef N Broccoli Bowl OR Italian Meatball Hoagie Carrot Coins Golden Corn Assorted Fruit/Juice 8	Marranito Juice/Fruit Chalupas w/ Jalapeno OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice 9	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chili w/ Corn Bread Burger Salad Curly Fries Assorted Fruit/ Juice 10	Banana Choc Bar Juice/Fruit Pizza OR Southwest Chicken Salad Carrot Sticks w/ Ranch Seasoned Cucumbers 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 Roasted Chicken w/ Roll OR Chicken Fried Steak Broccoli w/ Cheese Mashed Potatoes Assorted Fruit/Juice 15	Morning Sausage Roll Juice/Fruit Cheese Enchiladas OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/Juice 16	Barbacoa Taco Juice/Fruit Hamburger/Cheeseburger OR Buffalo Chicken Wrap Burger Salad Curly Fries Assorted Fruit/ Juice 17	Chia Bar Juice/Fruit Pizza OR Fish w/ Mac & Cheese Carrot Sticks w/ Ranch Spring Mix Salad Assorted Fruit/ Juice 18
Pancake Stick Juice/Fruit Chicken Burger OR Cheese Sticks Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice 21	Morning Sausage Roll Juice/Fruit Chicken Fajita Taco OR Burrito w/ Cheese Mexicali Corn Taco Salad Assorted Fruit/ Juice 22	Honey Bun Juice/Fruit Carne Guisada OR Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice 23	Bean & Chorizo Taco Juice/Fruit Hamburger/Cheeseburger OR Chicken Fajita Wrap Burger Salad Curly Fries Assorted Fruit/ Juice 24	Banana Choc Bar Juice/Fruit Pizza OR Southwest Chicken Salad Carrot Sticks w/ Ranch Seasoned Cucumbers Assorted Fruit/ Juice 25
Chia Bar Juice/Fruit Spicy Chicken Tenders OR Beef Fingers Broccoli w/ Cheese Mashed Potatoes Assorted Fruit/Juice 28	PB Jamwich Juice/Fruit Beef N Broccoli Bowl OR Italian Meatball Hoagie Carrot Coins Golden Corn 29	Marranito Juice/Fruit Chalupas w/ Jalapeno OR Frito Pie Refried Beans Taco Salad Assorted Fruit/Juice 30	Breakfast Taco Juice/Fruit Hamburger/Cheeseburger OR Chili w/ Corn Bread Burger Salad Curly Fries 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.

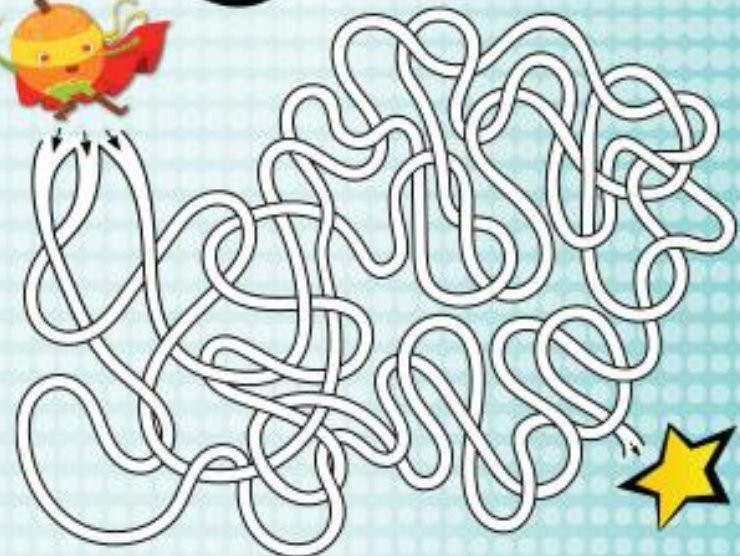


ORANGE STAR'S FAVORITE ACTIVITIES
Traveling and Swimming



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