

**McAllen ISD**  
**Three Week Cycle Menu Fall 2018-2019**  
**Grades: K--5**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	PopTart Juice/Fruit/Assorted Milk  Chicken Nuggets Hot Dog Veggie Nibbles Blend Carrot Sticks w/ ranch dressing Assorted Fruit/ Juice Assorted Milk	Morning Sausage Roll Juice/Fruit/Assorted Milk  Chalupas Frito Pie Refried Beans Taco Salad Assorted Fruit/ Juice Assorted Milk	Potato & Egg CheeseTaco Juice/Fruit/Assorted Milk  Hamburger/Cheeseburger Burrito w Cheese Burger Salad Curly Fries Assorted Fruit/ Juice Assorted Milk	Marranito Juice/Fruit/Assorted Milk  Spaghetti w meatballs Cheese Sticks w Marinara Sauce Corn on the Cob Seasoned Cucumbers Assorted Fruit/ Juice Assorted Milk	Banana Chocolate Bar Juice/Fruit/Assorted Milk  Pepperoni/ Cheese Pizza Fish w Mac & Cheese Spring Mix Side Salad Carrot Sticks w/ ranch dressing Assorted Fruit/ Juice Assorted Milk
<b>WEEK 2</b>	Concha Juice/Fruit/Assorted Milk  Mini Corn Dogs Hot Dog Veggie Nibbles Blend Carrot Sticks w/ ranch dressing Assorted Fruit/ Juice Assorted Milk	Bite size French Toast Juice/Fruit/Assorted Milk  Chicken Fajita Taco Burrito w Cheese Mexicali Corn Taco Salad Assorted Fruit/ Juice Assorted Milk	Ham & Egg Taco Juice/Fruit/Assorted Milk  Hamburger/Cheeseburger Chicken Burger Burger Salad Curly Fries Assorted Fruit/ Juice Assorted Milk	Morning Sausage Roll Juice/Fruit/Assorted Milk  Enchiladas w Rice Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice Assorted Milk	Banana Chocolate Bar Juice/Fruit/Assorted Milk  Pepperoni/ Cheese Pizza Chicken Nuggets Spring Mix Side Salad Carrot Sticks w/ ranch dressing Assorted Fruit/ Juice Assorted Milk
<b>WEEK 3</b>	Pancake on a Stick Juice/Fruit/Assorted Milk  Hot Ham & Cheese Hot Dog Veggie Nibbles Blend Tator Tots Assorted Fruit/ Juice Assorted Milk	Mini Blueberry Pancakes Juice/Fruit/Assorted Milk  Carne Guisada Rice & Tortilla Beef Tamales Refried Beans Taco Salad Assorted Fruit/ Juice Assorted Milk	Honeybun Juice/Fruit/Assorted Milk  Hamburger/Cheeseburger Burrito w Cheese Burger Salad Curly Fries Assorted Fruit/ Juice Assorted Milk	Sausage Biscuit Juice/Fruit/Assorted Milk  Oven Roasted Chicken w sliced bread Chicken Fried Steak Mashed Potatoes Broccoli w cheese Assorted Fruit/ Juice Assorted Milk	Banana Chocolate Bar Juice/Fruit/Assorted Milk  Pepperoni/ Cheese Pizza Fish w Mac & Cheese Spring Mix Side Salad Carrot Sticks w/ ranch dressing Assorted Fruit/ Juice Assorted Milk