

# NOVEMBER 2016

## Weslaco Independent School District Elementary Breakfast & Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Cini Minis - G  
Strawberry/Banana Yogurt - G

7

Seasoned Chicken Fajitas - G  
Warm Wheat Tortillas - S or  
Cheese Pizza - G  
Calabacita Corn Medley - G  
Fiesta Black Beans - G  
Fruit Cocktail - G

Mini Blueberry Loaf - G  
Sausage Patty - G

14

Baked Country Steak - S  
Warm Dinner Roll - G or  
Pepperoni Pizza - G  
Seasoned Carrots - G  
Lemon/Pepper Broccoli - G  
Pineapple Chunks - G

Apple Muffin - G  
Strawberry/Banana Yogurt - G

21

Bean/Cheese Burrito - G  
or Cheese Pizza - G  
Mexicali Corn - G  
Monterrey Veggie Blend - G  
Mandarin Oranges - G

Cini Minis - G  
Strawberry/Banana Yogurt - G

28

Baked Steak Fingers - S  
Warm Dinner Roll - G or  
Pepperoni Pizza - G  
Steamed Broccoli - G  
Lemon Glazed Carrots - G  
Cinnamon Apple Slices - G

Pancake On A Stick - G

1

Crispy Chicken Tacos - G  
Spanish Fideo - G  
Monterrey Veggie Blend - G  
Lettuce/Tomato Bits - G  
Pineapple Slices w/  
Cherry - G  
Seasonal Fresh Fruit - G

Assorted Cereal - G  
Elf Grahams - G

8

Chicken Parmesan - S  
Seasoned Noodles - G  
Steamed Broccoli - G  
Seasoned Carrot Coins - G  
Pineapple Chunks w/  
Strawberry Slices - G or  
Seasonal Fresh Fruit - G

Pancake On A Stick - G

15

Crispy Chicken Tacos - G  
Charro Beans - G  
Lettuce/Tomato Bits - G  
Pear Halves - G or  
Seasonal Fresh Fruit - G

Tamales - S

22

Baked Chicken Strips - G  
Sliced Wheat Bread - G  
Lemon/Pepper Broccoli - G  
Honey Carrot Coins - G  
Pear Halves - G or  
Seasonal Fresh Fruit - G

Assorted Cereal - G  
Elf Grahams - G

29

Crispy Chicken Tacos - G  
Spanish Fideo - G  
Monterrey Veggie Blend - G  
Lettuce/Tomato Bits - G  
Pineapple Slices w/  
Cherry - G or  
Seasonal Fresh Fruit - G

Mini Banana Loaf - G  
Sausage Patty - G

2

Charbroiled Hamburger - G  
or Hot Hoagie Sub. - G  
Crinkle Cut Fries - G  
Broccoli Medley - G  
Sliced Pears - G

Banana Muffin - G  
Sausage Patty - G

9

BBQ Meatball Sub. - G or  
Chicken Nuggets - G  
Sliced Wheat Bread - G  
Seasoned Curly Fries - G  
Carrot Sticks - G  
Pear Halves - G

Assorted Cereal - G  
Elf Grahams - G

16

Charbroiled Hamburger - G  
or Hot Hoagie Sub. - G  
Sweet Potato Waffle Fries - G  
Veggie Sticks - G  
Mandarin Oranges - G

23

24

24

25

*Thanksgiving Break  
November 23 ~ 25, 2016*

Banana Muffin - G  
Sausage Patty - G

30

Charbroiled Hamburger - G  
or Hot Hoagie Sub - G  
Crinkle Cut Fries - G  
Fresh Broccoli Medley - G  
Sliced Pears - G

Pig In A Blanket - S

3

Turkey Chorizo Chalupas - G  
Shredded Cheese - S  
Cilantro Salad - G  
Smashed Beans - G  
Sunshine Fruit Salad - G  
or Seasonal Fresh Fruit - G

Pig In A Blanket - S

10

Beef/Cheese Enchiladas - S  
Charro Beans - G  
Tossed Salad - G  
Low Fat Dressing - G  
Mandarin Oranges w/  
Blueberries - G or  
Seasonal Fresh Fruit - G

Pig In A Blanket - S

17

Turkey w/ Gravy - S  
Warm Dinner Roll - G  
Whipped Potatoes - G  
Seasoned Green Beans - G  
Honey-Baked Apples w/  
Golden Raisins - S  
Cranberry Sauce - G

French Toast Sticks - G  
Brkft. Chicken Patty - G

4

Baked Steak Fingers - S  
Warm Dinner Roll - G or  
Pepperoni Pizza - G  
Garden Salad - G  
California Blend - G  
Peach Halves - G

Warm Gingerbread People - G  
Fruit Smoothie - G

11

Baked Chicken - G  
Warm Dinner Roll - G or  
Grilled Cheese Sandwich - G  
Ranchero Green Beans - G  
Broccoli Medley - G  
Chilled Peaches - G

English Muffin - G  
Canadian Ham Slices - G

18

Baked Popcorn Chicken - G  
Sliced Wheat Bread - G or  
Pepperoni Pizza - G  
Seasoned Green Beans - G  
Garden Salad - G  
Sliced Peaches - G

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Choices of Low Fat or  
Skim Milk  
(flavored and unflavored)  
offered daily

Juice and Fruit  
offered Daily for Breakfast

To make a complete meal students  
must take ½ cup of fruit or  
½ cup vegetable

Menu Subject to  
change due to deliveries, etc...



(G) - GO foods are foods that you can eat "almost anytime". These foods are the lowest in fat.

(S) - SLOW foods are "sometimes foods" - foods that you can eat maybe a few times a week. These foods are higher in fat.

(W) - WHOA foods are "once in a while foods" - foods that you can eat on occasion, but need to be combined with other GO foods. These foods are highest in fat.