

# January 2017

## Weslaco Independent School District Elementary Breakfast & Lunch Menu

### MONDAY

Work Day

2

Mini Blueberry Loaf – G  
Sausage Patty – G

9

Lasagna Roll Up – S  
Warm Bread Stick – G or  
Pepperoni Pizza – G  
Steamed Broccoli – G  
Lemon Glazed Carrots – G  
Cinnamon Apple Slices – G

Apple Muffin – G  
Strawberry/Banana Yogurt – G

16

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

Cini Minis – G  
Strawberry/Banana Yogurt – G

23

Country Steak – S  
Warm Dinner Roll – G or  
Pepperoni Pizza – G  
Seasoned Carrot Coins – G  
Lemon/Pepper Broccoli – G  
Pineapple Chunks – G

Mini Blueberry Loaf – G  
Sausage Patty – G

30

Bean/Cheese Burrito – G  
or Cheese Pizza – G  
Seasoned Carrots – G  
Lemon/Pepper Broccoli – G  
Pineapple Chunks – G

### TUESDAY

Assorted Cereal – G  
Elf Grahams – G

3

Spaghetti w/Meatballs – G  
Warm Bread Stick – G  
Lemon/Pepper Broccoli – G  
Honey Carrot Coins – G  
Pear Halves – G or  
Seasonal Fresh Fruit – G

Pancake On A Stick – G

10

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

Tamales – S

17

Chicken Parmesan – S  
Seasoned Rotini Noodles – G  
Steamed Broccoli – G  
Seasoned Carrot Coins – G  
Pineapple Chunks w/  
Strawberries – G or  
Seasonal Fresh Fruit – G

Assorted Cereal – G  
Elf Grahams – G

24

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

Pancake On A Stick – G

31

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

### WEDNESDAY

Banana Muffin – G  
Sausage Patty – G

4

Coney Hog Dog – G or  
Grilled Chicken On A Bun – G  
Seasoned Curly Fries – G  
Veggie Sticks – G  
Fruit Cocktail – G

Assorted Cereal – G  
Elf Grahams – G

11

Charbroiled Hamburger – G  
or Hot Hoagie Sub. – G  
Crinkle Cut Fries – G  
Carrot Sticks – G  
Fruit Cocktail – G

Assorted Cereal – G  
Elf Grahams – G

18

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

Banana Muffin – G  
Sausage Patty – G

25

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

### THURSDAY

Pig In A Blanket – G

5

Seasoned Chicken Fajitas – G  
Mexican Rice – S  
Warm Corn Tortillas – G  
Charro Beans – G  
Tossed Salad – G  
Pineapple Tidbits – G or  
Seasonal Fresh Fruit – G

Pig In A Blanket – G

12

Beef Chalupas – S  
Shredded Cheese Garnish – S  
Cilantro Salad – G  
Smashed Beans – G  
Sunshine Fruit Salad – G  
or Seasonal Fresh Fruit – G

French Toast Sticks – G  
Brkft. Chicken Patty – G  
Syrup – G

19

Beef/Cheese Enchiladas – S  
Charro Beans – G  
Tossed Salad, LF Dressing – G  
Mandarin Oranges w/  
Blueberries – G or  
Seasonal Fresh Fruit – G

Pig In A Blanket – G

26

Turkey w/Gravy – S  
Warm Dinner Roll – G  
Whipped Potatoes – G  
Seasoned Green Beans – G  
Cinnamon Apple Slices – G

### FRIDAY

Warm Gingerbread – G

6

Baked Chicken Strips – G  
Sliced Wheat Bread – G  
or Pepperoni Pizza – G  
Garden Salad – G  
Cucumber/Tomato Salad – G  
Pineapple Chunks w/  
Fresh Strawberries – G

English Muffin – G  
Canadian Ham – G

13

Steak Fingers – S  
Warm Dinner Roll – G  
or Pepperoni Pizza – G  
Garden Salad, LF Dressing – G  
California Blend – G  
Peach Halves – G

Warm Empanada – G

20

Baked Chicken – G  
Warm Dinner Roll – G or  
Grilled Cheese Sandwich – G  
Ranchero Green Beans – G  
Golden Corn Kernels – G  
Chilled Peaches – G

Warm Gingerbread Man – G

27

Baked Popcorn Chicken – G  
Sliced Wheat Bread – G or  
Pepperoni Pizza – G  
California Blend – G  
Garden Salad, LF Dressing – G  
Sliced Peaches – G

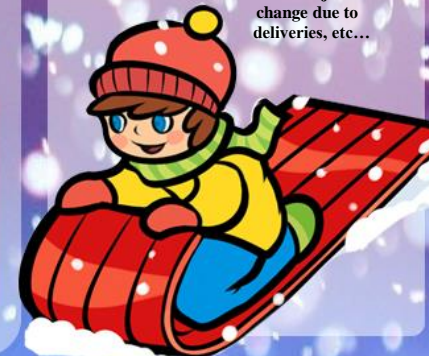
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Choices of Low Fat or  
Skim Milk  
(flavored and unflavored)  
offered daily

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.