

Weslaco High School
 Weslaco East High School
 South Palm Gardens
 Lunch Menu
 2017 -2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Steak Fingers Sliced Bread Jalapeno Lettuce/Tomato Bits Spicy Carrots	Baked Chicken Warm Dinner Roll Cheesy Macaroni Ranch Style Beans Fresh Cabbage/ Tomato Salad	Teriyaki Chicken Spicy Orange Noodles Veggie Egg Roll Garden Vegetables	Bean/Cheese Burrito Mexican Street Corn California Blend	Spicy Chicken Nuggets Sliced Wheat Bread Lemon/Pepper Broccoli Garden Salad
Spicy Chicken Burger or Cheeseburger on Kaiser Bun Jalapeno Hamburger Salad Sweet Potato Waffle Fries	Spicy Popcorn Chicken Sliced Wheat Bread or Cheeseburger on Kaiser Bun Ranch Style Beans Cucumber Slices	Spicy Chicken Burger or Sliced Beef Hoagie Sweet Potato Crinkle Cut Fries Garden Vegetables	Corn Dog or Breaded Chicken Burger Crinkle Cut Fries Veggie Sticks	Cheeseburger on Kaiser Bun or Fish Burger Broccoli Medley Hamburger Salad
Nacho Deluxe Mexican Rice Cheese Sauce Jalapeno Lettuce/Tomato Bits Spicy Carrots	Turkey Chorizo Chalupas Mexican Rice <i>½ Cup Taco Meat</i> <i>½ oz. Shredded Cheese</i> Smashed Beans Fresh Cabbage/ Tomato Salad	Fiesta Bowl <i>(Assembly:</i> <i>Chicken Fajitas,</i> <i>Cilantro Lime Rice)</i> Fiesta Black Beans Lettuce/Tomato Bits Garnish: <i>Cilantro Salad</i>	Enchiladas Suizas Cilantro Rice Mexican Street Corn California Blend	Chicken Quesadillas Spanish Fideo Seasoned Carrots Lemon/Pepper Broccoli
Chicken Parmesan Garlic Toast or Pepperoni Pizza Lettuce/Tomato Bits Spicy Carrot	Lasagna Roll Up Bread Stick or Supreme Pizza Ranch Style Beans Cucumber Slices	Italian Rotini Casserole Garlic Toast or Pepperoni Pizza Seasoned Carrots Garden Vegetables	Pepperoni Calzone or Supreme Pizza Italian Corn California Blend	Spaghetti w/Meatballs Bread Stick or Cheese Pizza Lemon/Pepper Broccoli Garden Salad
Italian Supreme Panini Lettuce/Tomato Bits Sweet Potato Waffle Fries	Chicken Chipotle Wrap Sun Chips Ranch Style Beans Fresh Cabbage/ Tomato Salad	Caprese Style Ciabatta Sandwich Sweet Potato Crinkle Cut Fries Garden Vegetables	Chicken & Fruit Salad on Croissant Crinkle Cut Fries Veggie Sticks	Panther/Wildcat Club Broccoli Medley Hamburger Salad
Southwest Spicy Breaded Chicken Salad <i>Pretzel Rod</i>	Spicy Cobb Salad Fiesta Black Beans <i>Tostitos Rounds</i>	Southwest Taco Salad <i>RF Fritos</i>	Chicken & Fruit Salad <i>WG Saltine Crackers</i> <i>Pasta Salad</i>	Market Fresh Salad <i>Herbed Bread Sticks</i>
Chilled Peaches Seasonal Fresh Fruit	Fruit Cocktail Seasonal Fresh Fruit	Pineapple Chunks Seasonal Fresh Fruit	Chilled Pears Seasonal Fresh Fruit	Mandarin Oranges w/ Blueberries Seasonal Fresh Fruit
Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily

Menu subject to change due to food availability, etc.

Revised: 8/31/2017