

OCTOBER 2017

Weslaco Independent School District Elementary Breakfast & Lunch Menu

MONDAY

*Apple Cinnamon Muffin – G **2**
*Flavored Yogurt - G

*Bean/Cheese Burrito – G or
Cheese Pizza – G
Seasoned Corn – G
*Monterrey Veggie Blend – G
*Mandarin Oranges - G

9

Staff Development Day

*Mini Blueberry Loaf – G **16**
*Sausage Patty - G

*Seasoned Chicken Fajitas – G
*Mexican Rice – S
*Warm Wheat Tortillas – G or
Pepperoni Pizza – G
*Calabacita Corn Medley – G
Fiesta Black Beans – G
*Fruit Cocktail - G

*Apple Cinnamon Muffin – G **23**
*Flavored Yogurt – G

Baked Country Steak – S
Sliced Wheat Bread – G or
*Pepperoni Pizza – G
*Seasoned Carrots – G
Lemon/Pepper Broccoli – G
*Pineapple Chunks - G

30

*Banana Bread Slice – G
*Bean/Cheese Burrito – G or
Cheese Pizza – G
Seasoned Corn – G
*Monterrey Veggie Blend – G
*Mandarin Oranges - G

TUESDAY

*Breakfast On A Bun – G **3**

*Spaghetti w/ Meatballs – G
*Warm Bread Stick – G
*Lemon/Pepper Broccoli – G
Honey Carrot Coins – G
Chilled Pears – G or
*Seasonal Fresh Fruit – G

* Assorted Cereal – G **10**
*Mookie Grahams – G

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

*Pancake On A Stick – G **17**

*Baked BBQ Chicken – G
*Warm Dinner Roll – G
*Whipped Potatoes – G
Ranchero Green Beans – G
Pineapple Chunks w/
Fresh Strawberry Wedges – G
or *Seasonal Fresh Fruit - G

*Breakfast On A Bun - G **24**

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

*Assorted Cereal – G **31**
*Halloween Grahams - G

*Spaghetti w/Meatballs – G
*Warm Bread Sticks – G
*Lemon/Pepper Broccoli – G
Honey Carrot Coins – G
Chilled Pears – G or
*Seasonal Fresh Fruit - G

WEDNESDAY

*Assorted Cereal – G **4**
*Mookie Grahams – G

Charbroiled Hamburger – G
Or *Grilled Chicken
On Kaiser Bun – G
*Seasoned Curly Fries – G
Veggie Sticks – G
*Fruit Cocktail - G

*Wild Blueberry Muffin – G **11**
*Sausage Patty – G

*Turkey Hot Dog – G or
Hot Hoagie – G
*Crinkle Cut Fries – G
Fresh Broccoli Medley – G
*Chilled Pears - G

Warm Empanada - G **18**
*Assorted Cereal/Grahams – G

*Baked Chicken Nuggets – G
*Sliced Wheat Bread – G or
Grilled Cheese Sandwich – G
Sweet Potato Waffle Fries – G
*Cucumber Slices – G
*Pear Halves - G

*Assorted Cereal – G **25**
*Hugs Not Drugs Grahams – G

*Turkey Hot Dog – G or
Hot Hoagie – G
*Tator Tots – G
Veggie Sticks – G
*Mandarin Oranges - G

THURSDAY

* French Toast Sticks, Syrup – G **5**
*Chicken Breakfast Patty – G

*Nacho Deluxe – S
*Cheese Sauce - S
*Mexican Rice – S
Charro Beans – G
*Lettuce/Tomato Bits – G
Pineapple Tidbits – G or
*Seasonal Fresh Fruit - G

*Pig In A Blanket – G **12**

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

*Pig In A Blanket – G **19**

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

*French Toast Sticks, Syrup – G **26**
*Breakfast Chicken Patty – G

*Stuffed Shells w/
Marinara Sauce – S
*Warm Bread Stick – G
California Blend – G
*Garden Salad, LF Dressing – G
Fruit Cocktail – G or
*Seasonal Fresh Fruit - G

FRIDAY

*Tamales – S **6**

Baked Chicken Strips – G
Sliced Wheat Bread – G or
*Pepperoni Pizza – G
Tossed Salad , LF Dressing – G
*Fresh Cucumber Slices – G
*Pineapple Chunks w/
Fresh Strawberry Wedges - G

Mini Pancakes – G **13**
*Whole Pancake – G

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

*French Toast Sticks, Syrup – G **20**
*Breakfast Chicken Patty – G

Chicken Parmesan – S
Garlic Toast – G or
*Cheese Pizza – G
Steamed Broccoli – G
*Seasoned Carrots – G
*Chilled Peaches - G

*Tamales – S **27**

*Baked Popcorn Chicken – G
*Sliced Wheat Bread – G or
Pepperoni Pizza – G
Seasoned Green Beans – G
*Corn Kernels – G
*Sliced Peaches - G

National School
Lunch Week
October 9 - 13

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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

(*) Denotes: Pre-K Menu

DID YOU KNOW?

More US presidents have been born in
October than in any other month.