

OCTOBER 2017

Weslaco Independent School District Middle School Breakfast & Lunch Menu

MONDAY

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

Baked Chicken Strips - G
Spicy Breaded Chicken Burger - S
Pepperoni Pizza - G
Premium Italian Sandwich - G
Chicken Strip Salad w/
WG Crackers - G
Daily Choice of Vegetables - G
Fruit Cocktail - G

9

Staff Development Day

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

Stuffed Shells w/ Marinara Sauce - S
Spicy Breaded Chicken Burger - S
Pepperoni Pizza - G
Premium Italian Sandwich - G
Chicken Strip Salad w/
WG Crackers - G
Daily Choice of Vegetables - G
Pineapple Slices w/ Cherry - G

Apple Cinnamon Muffin - G **23**
Creamy Flavored Yogurt - G

Baked Chicken Strips - G
Spicy Breaded Chicken Burger - S
Pepperoni Pizza - G
Premium Italian Sandwich - G
Chicken Strip Salad w/
WG Crackers - G
Daily Choice of Vegetables - G
Fruit Cocktail - G

Banana Bread Slice - G **30**

Teriyaki Chicken - G
Spicy Breaded Chicken Burger - S
Pepperoni Pizza - G
Premium Italian Sandwich - G
Chicken Strip Salad w/
WG Crackers - G
Daily Choice of Vegetables - G
Peach Halves w/ Cherry - G

TUESDAY

Biscuit & Canadian Ham - S **3**

Nacho Deluxe - S
Charbroiled Hamburger - G
Supreme Pizza - G
Club Sandwich - G
Southwest Chicken Salad w/
WG Pretzel - G
Daily Choice of Vegetables - G
Diced Peaches, Fresh Fruit - G

Assorted Cereal - G **10**
Mookie Grahams - G

Turkey Chorizo Chalupas - G
Charbroiled Hamburger - G
Supreme Pizza - G
Club Sandwich - G
Southwest Chicken Salad w/
WG Pretzel - G
Daily Choice of Vegetables - G
Pineapple Chunks w/Strawberries-G
or Seasonal Fresh Fruit - G

Pancake On A Stick - G **17**

Crispy Chicken Tacos - G
Charbroiled Hamburger - G
Supreme Pizza - G
Club Sandwich - G
Southwest Chicken Salad w/
WG Pretzel - G
Daily Choice of Vegetables - G
Fruit Cocktail, Fresh Fruit - G

Biscuit & Canadian Ham - S **24**

Nacho Deluxe - S
Charbroiled Hamburger - G
Supreme Pizza - G
Club Sandwich - G
Southwest Chicken Salad w/
WG Pretzel - G
Daily Choice of Vegetables - G
Diced Peaches, Fresh Fruit - G

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

Turkey Chorizo Chalupas - G
Charbroiled Hamburger - G
Supreme Pizza - G
Club Sandwich - G
Southwest Chicken Salad w/
WG Pretzel - G
Daily Choice of Vegetables - G
Pineapple Chunks w/Strawberries-G
or Seasonal Fresh Fruit - G

WEDNESDAY

Assorted Cereal - G **4**
Mookie Grahams - G

Spaghetti w/ Meatballs - G
Sliced Beef Hoagie - G
Calzone - S
Italian Supreme Panini - G
Tuna Salad w/ WG Crackers - G
Daily Choice of Vegetables - G
Sunshine Fruit Salad - S

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

Stuffed Shells w/ Marinara Sauce - S
Sliced Beef Hoagie - G
Calzone - S
Italian Supreme Panini - G
Tuna Salad w/ WG Crackers - G
Daily Choice of Vegetables - G
Chilled Pears

Warm Empanada - G **18**

Chicken Parmesan - S
Sliced Beef Hoagie - G
Calzone - S
Italian Supreme Panini - G
Tuna Salad w/ WG Crackers - G
Daily Choice of Vegetables - G
Pear Halves - G

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

Spaghetti w/ Meatballs - G
Sliced Beef Hoagie - G
Calzone - S
Italian Supreme Panini - G
Tuna Salad w/ WG Crackers - G
Daily Choice of Vegetables - G
Sunshine Fruit Salad - S

THURSDAY

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

Beef/Cheese Enchiladas - S
Spicy Popcorn Chicken - G
Supreme Pizza - G
Caprese Style Ciabatta - G
Spicy Cobb Salad - G
Daily Choice of Vegetables - G
Pineapple Chunks - G or
Seasonal Fresh Fruit - G

Pig In A Blanket - G **12**

Chicken Quesadillas - G
Spicy Popcorn Chicken - G
Supreme Pizza - G
Caprese Style Ciabatta - G
Spicy Cobb Salad - G
Daily Choice of Vegetables - G
Mandarin Oranges - G or
Seasonal Fresh Fruit - G

Pig In A Blanket - G **19**

Bean/Cheese Burrito - G
Spicy Popcorn Chicken - G
Supreme Pizza - G
Caprese Style Ciabatta - G
Spicy Cobb Salad - G
Daily Choice of Vegetables - G
Mandarin Oranges - G or
Seasonal Fresh Fruit - G

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

Beef/Cheese Enchiladas - S
Spicy Popcorn Chicken - G
Supreme Pizza - G
Caprese Style Ciabatta - G
Spicy Cobb Salad - G
Daily Choice of Vegetables - G
Pineapple Chunks - G or
Seasonal Fresh Fruit - G

FRIDAY

Tamales - S **6**

BBQ Baked Chicken - G
Hot Hoagie - G
Pepperoni Pizza - G
Chicken & Fruit Salad
on Croissant - S
Market Fresh Salad - G
Daily Choice of Vegetables - G
Chilled Pears - G

Maple Mini Pancakes - G **13**

Spicy Chicken Nuggets - G
Hot Hoagie - G
Pepperoni Pizza - G
Chicken & Fruit Salad
On Croissant - S
Market Fresh Salad - G
Daily Choice of Vegetables - G
Fruit Cocktail - G

Warm Biscuit - S **20**
Breakfast Chicken Patty - G

Baked Country Steak - S
Hot Hoagie - G
Pepperoni Pizza - G
Chicken & Fruit Salad
On Croissant - S
Market Fresh Salad - G
Daily Choice of Vegetables - G
Peach Slices - G

Tamales - S **27**

BBQ Baked Chicken - G
Hot Hoagie - G
Pepperoni Pizza - G
Chicken & Fruit Salad
on Croissant - S
Market Fresh Salad - G
Daily Choice of Vegetables - G
Chilled Pears - 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.

DID YOU KNOW?

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