

# JANUARY 2018

## Weslaco Independent School District Middle School Breakfast & Lunch Menu



The Harvest of the month is Grapefruits



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 1/2 cup of fruit or 1/2 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.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

Winter Break  
December 25, 2017 to January 5, 2018

8

9

10

11

12

Staff Development Day

Assorted Cereal – G  
Original Elf Grahams – G  
  
Crispy Chicken Tacos – G  
Cheese Burger – S  
Supreme Pizza – G  
Club Sandwich – G  
Southwest Chicken Salad w/  
WG Pretzel – G  
Daily Choice of Vegetables- G  
Fruit Cocktail, Fresh Fruit - G

Warm Sweet Bread – G  
  
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 or  
Seasonal Fresh Fruit - G

Pig In A Blanket – G  
  
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

Mini Pancakes – G  
  
Country Steak Fingers – S  
Hot Turkey/Cheese Hoagie – G  
Pepperoni Pizza – G  
Chicken & Fruit Salad on  
Crossiant – G  
Market Fresh Salad – G  
Daily Choice of Vegetables – G  
Peach Slices – G  
Fresh Fruit - G

15

16

17

18

19

Mini Blueberry Loaf – G  
Sausage Patty – G  
  
Chicken Strips – G  
Spicy Breaded Chicken On Bun – S  
Pepperoni Pizza – G  
Premium Italian Sandwich – G  
Chicken Strip Salad w/ WG Crax. – G  
Daily Choice of Vegetables – G  
Fruit Cocktail – G or  
Seasonal Fresh Fruit - G

Pancake On A Stick – G  
  
Nacho Deluxe – S  
Cheese Burger – S  
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  
Chocolate Elf 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 – G or  
Seasonal Fresh Fruit - G

Pig In A Blanket – 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

Warm Biscuit – S  
Canadian Ham – G  
  
BBQ Baked Chicken – G  
Hot Turkey/Cheese Hoagie – G  
Pepperoni Pizza – G  
Chicken & Fruit Salad  
on Crossiant – G  
Market Fresh Salad – G  
Daily Choice of Vegetables – G  
Chilled Pears, Fresh Fruit - G

22

23

24

25

26

Apple Muffin – G  
Creamy Yogurt – G  
  
Teriyaki Chicken – G  
Spicy Breaded Chicken On Bun – S  
Pepperoni Pizza – G  
Premium Italian Supreme – G  
Chicken Strip Salad w/ WG Crax. – G  
Daily Choice of Vegetables – G  
Peach Halves w/ Cherry – G or  
Seasonal Fresh Fruit - G

Warm Tamales – S  
  
Turkey Chorizo Chalupas – G  
Cheese Burger – S  
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

Assorted Cereal – G  
Cinnamon Elf Grahams – G  
  
Lasagna Roll Up w/ Marinara – S  
Sliced Beef Hoagie – G  
Calzone – S  
Italian Supreme Panini – G  
Tuna Salad w/ WG Crackers – G  
Daily Choice of Vegetables – G  
Chilled Pears – G or  
Seasonal Fresh Fruit - G

\*Warm Biscuit - S  
\*Breakfast Chicken Patty – G  
  
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

Warm Sweet Bread – G  
  
Spicy Chicken Nuggets – G  
Hot Turkey/Cheese Hoagie – G  
Pepperoni Pizza – G  
Chicken & Fruit Salad  
on Crossiant – G  
Market Fresh Salad – G  
Daily Choice of Vegetables – G  
Fruit Cocktail, Fresh Fruit - G

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30

31

Banana Muffin – G  
Sausage Patty – G  
  
Stuffed Shells w/ Marinara – S  
Spicy Breaded Chicken On Bun – S  
Pepperoni Pizza – G  
Premium Italian Supreme – G  
Chicken Strip Salad w/ WG Crax. – G  
Daily Choice of Vegetables – G  
Pineapple Slices w/ Cherry – G or  
Seasonal Fresh Fruit - G

Assorted Cereal – G  
Original Elf Grahams – G  
  
Crispy Chicken Tacos – G  
Cheese Burger – S  
Supreme Pizza – G  
Club Sandwich – G  
Southwest Chicken Salad w/  
WG Pretzel – G  
Daily Choice of Vegetables – G  
Fruit Cocktail, Fresh Fruit - G

Warm Sweet Bread – G  
  
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 or  
Seasonal Fresh Fruit - G

DID YOU KNOW...  
JANUARY IS NAMED AFTER THE ROMAN GOD JANUS,  
WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS.  
HE LOOKED BACK TO THE LAST YEAR AND FORWARD  
TO THE NEW ONE.