

JANUARY 2018

Weslaco Independent School District Elementary Breakfast & Lunch Menu



The Harvest of the month is Grapefruit



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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(*) Denotes: PreK-Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Winter Break December 25, 2017 to January 5, 2018			
8 Staff Development Day	9 *Assorted Cereal – G *Original Elf Grahams – G *Crispy Chicken Tacos – G *Charro Beans – G Lettuce/Tomato Bits – G Pear Halves – G or *Seasonal Fresh Fruit - G	10 Warm Sweet Bread – G *Mini Banana Loaf - G *Turkey Hot Dog – G or Hot Turkey/Cheese Hoagie – S *Tator Tots – G Veggie Sticks – G *Mandarin Oranges – G or Seasonal Fresh Fruit - G	11 *Pig In A Blanket – G *Lasagna Roll Up w/ Marinara Sauce – G *Warm Bread Stick – G California Blend – G *Garden Salad, LF Dressing – G Fruit Cocktail – G or *Seasonal Fresh Fruit - G	12 Mini Pancakes – G *Pancake Slices, Syrup – G *Baked Popcorn Chicken – G *Sliced Wheat Bread – G or Pepperoni Pizza – G *Seasoned Green Beans – G Carrot Coins – G *Sliced Peaches – G or Seasonal Fresh Fruit - G
15 *Mini Blueberry Loaf – G *Sausage Patty – G *Bean/Cheese Burrito – G or Cheese Pizza – G *Sweet Peas – G Monterrey Veggie Blend – G *Mandarin Oranges – G or Seasonal Fresh Fruit - G	16 *Pancake On A Stick – G *Spaghetti w/ Meatballs – G *Warm Bread Stick – G *Lemon/Pepper Broccoli – G Honey Carrot Coins – G Pear Halves – G or *Seasonal Fresh Fruit – G	17 *Assorted Cereal – G *Chocolate Elf Grahams – G *Cheeseburger – S *Seasoned Curly Fries – G Veggie Sticks – G *Fruit Cocktail – G or Seasonal Fresh Fruit - G	18 *Pig In A Blanket – G *Nacho Deluxe – S *Mexican Rice – S Charro Beans – G *Lettuce/Tomato Bits – G Pineapple Tidbits – G or *Seasonal Fresh Fruit – G *Cheese Sauce - G	19 *Breakfast On A Bun – G Baked Chicken Strips – G Sliced Wheat Bread – G or *Pepperoni Pizza – G Tossed Salad, LF Dressing – G *Fresh Cucumber Slices – G *Pineapple Chunks w/ Strawberries – G or Seasonal Fresh Fruit - G
22 *Apple Muffin – G *Flavored Yogurt – G *Lasagna Roll-Up – G *Warm Bread Sticks – G Steamed Broccoli – G *Lemon Glazed Carrots – G *Cinnamon Apple Slices – G or Seasonal Fresh Fruit - G	23 *Warm Tamales – S *Crispy Tacos – G *Spanish Fideo – S Monterrey Veggie Blend – G *Lettuce/Tomato Bits – G *Pineapple Slices w/Cherry – G or Seasonal Fresh Fruit - G	24 *Assorted Cereal – G *Cinnamon Elf Grahams – G *Turkey Corn Dog – G or Hot Turkey/Cheese Hoagie – S *Crinkle Cut Fries – G Fresh Broccoli Medley – G *Sliced Pears – G or Seasonal Fresh Fruit - G	25 *French Toast Sticks, Syrup – G *Breakfast Chicken Patty – G *Meaty Chalupas – G *Shredded Cheese Garnish – G Cilantro Salad – G *Smashed Beans – G Sunshine Fruit Salad – S or *Seasonal Fresh Fruit - G	26 Warm Sweet Bread – G *Mini Banana Loaf - G *Breaded Steak Fingers – S *Warm Dinner Roll – G *Whipped Potatoes – G California Blend - G *Peach Halves – G or Seasonal Fresh Fruit - G
29 *Banana Muffin – G *Sausage Patty – G *Seasoned Chicken Fajitas – G *Mexican Rice – S *Warm Wheat Tortillas – G or Pepperoni Pizza – G Calabacita Corn Medley – G *Sweet Peas – G *Fruit Cocktail, Fresh Fruit - G	30 *Assorted Cereal – G *Original Elf Grahams – G *Baked BBQ Chicken – G *Warm Dinner Roll – G Whipped Potatoes – G *Ranchero Green Beans – G Pineapple Chunks w/ Fresh Strawberries – G or *Seasonal Fresh Fruit - G	31 Warm Sweet Bread – G *Mini Banana Loaf - G *Chicken Nuggets – G *Sliced Wheat Bread – G or Grilled Cheese Sandwich – G Sweet Potato Waffle Fries – G *Cucumber Slices – 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.