

OCTOBER 2018

Weslaco Independent School District High School Breakfast Menu

MONDAY

1
Apple Muffin
Breakfast Sausage Patty
Cherry Cranraisins
Orange Juice
Assorted Milk

8
Staff Development Day

15
Blueberry Mini Loaf
Breakfast Sausage Patty
Fresh Golden Apple
Orange Juice
Assorted Milk

22
Assorted Cereal
Hugs Not Drugs Grahams
Cherry Cranraisins
Orange Juice
Assorted Milk

29
Blueberry Muffin
Breakfast Sausage Patty
Fresh Apple Slices
Orange Juice
Assorted Milk

TUESDAY

2
Warm Tamales
Salsa Fresca
Fresh Sliced Apples
Orange Juice
Assorted Milk

9
Assorted Cereal
Bug Bite Grahams
Fresh Banana
Orange Juice
Assorted Milk

16
Pancake On A Stick
Fresh Orange Wedges
Orange Juice
Assorted Milk

23
Apple Cinnamon Muffin
Breakfast Sausage Patty
Fresh Banana
Orange Juice
Assorted Milk

30
Warm Concha
Breakfast Chicken Patty
Fresh Banana
Orange Juice
Assorted Milk

WEDNESDAY

3
Warm Cinnamon Roll
Breakfast Chicken Patty
Fresh Golden Apple
Orange Juice
Assorted Milk

10
Wild Blueberry Muffin
Breakfast Sausage Patty
Fresh Golden Apple
Orange Juice
Assorted Milk

17
Warm Empanada
Breakfast Sausage Patty
Fresh Banana
Orange Juice
Assorted Milk

24
Yogurt Parfait
Granola
Orange Juice
Assorted Milk

31
Yogurt Parfait
Halloween Grahams
Orange Juice
Assorted Milk

THURSDAY

4
Bacon & Egg Taco
Salsa Fresca
Fresh Grapes
Orange Juice
Assorted Milk

11
Pig In A Blanket
Chocolate Elf Grahams
Fresh Orange Wedges
Orange Juice
Assorted Milk

18
Pig In A Blanket
Chocolate Elf Grahams
Fresh Grapes
Orange Juice
Assorted Milk

25
Chorizo & Egg Taco
Fresh Grapes
Orange Juice
Assorted Milk

FRIDAY

5
Yogurt Parfait
Granola
Orange Juice
Assorted Milk

12
Yogurt Parfait
Granola
Orange Juice
Assorted Milk

19
French Toast Sticks
Syrup
Breakfast Chicken Patty
Fresh Apple Slices
Orange Juice
Assorted Milk

26
Warm Tamales
Salsa Fresca
Fresh Apple Slices
Orange Juice
Assorted Milk

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...

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DID YOU KNOW...

October comes from the Latin word "octo" which means eight.