

# OCTOBER 2018

## Weslaco Independent School District Middle Schools Breakfast and Lunch Menu

### MONDAY

Apple Muffin - G  
Breakfast Sausage Patty - G  
Breaded Country Steak - S  
Spicy Breaded Chicken  
On a Kaiser Bun - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Fruit Cocktail - G or  
Seasonal Fresh Fruit - G

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### TUESDAY

Warm Tamales - S  
  
Nacho Deluxe - G  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna  
Salad on Panini - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Diced Peaches - G or  
Seasonal Fresh Fruit - G

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### WEDNESDAY

Whole Grain Toast - S  
Breakfast Chicken Patty - G  
  
Spaghetti w/ Meatballs - G  
Breaded Chicken On A Bun - G  
Calzone - G  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Sunshine Fruit Salad - S or  
Seasonal Fresh Fruit - G

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### THURSDAY

Breakfast Sausage Bites - G  
  
Enchiladas Suizas - S  
Pork Carnitas on Warm Bolillo - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
on Croissant - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Pineapple Chunks - G or  
Seasonal Fresh Fruit - G

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### FRIDAY

Yogurt Parfait - G  
Fruit Loop Pouch - G  
  
Breaded Chicken Chunks - G  
Honey BBQ Rib Sandwiches - G  
Pepperoni Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Chilled Pears or  
Seasonal Fresh Fruit - G

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8

Staff Development Day

9

Assorted Cereal - G  
Bug Bite Grahams - G  
  
Turkey Chorizo Chalupas - G  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna  
Salad on Panini - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Pineapple Chunks w/ Strawberries or  
Seasonal Fresh Fruit - G

10

Wild Blueberry Muffin - G  
Breakfast Sausage Patty - G  
  
Italian Pasta Bake - S  
Sliced Beef Hoagie - G  
Calzone - G  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Chilled Pears - G or  
Seasonal Fresh Fruit - G

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Pig In A Blanket - G  
  
Chicken Quesadillas - G  
Spicy Popcorn Chicken - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
on Croissant - G  
Chef Salad - G  
Daily Choice of Vegetables - G  
Mandarin Oranges - G or  
Seasonal Fresh Fruit - G

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Yogurt Parfait - G  
Fruit Loop Pouch - G  
  
Breaded Chicken Drumstick - G  
Honey BBQ Rib Sandwiches - G  
Pepperoni Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Fruit Cocktail - G or  
Seasonal Fresh Fruit - G

15

Mini Blueberry Loaf - G  
Sausage Patty - G  
  
Chicken Parmesan - S  
Spicy Breaded Chicken  
On a Kaiser Bun - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Pineapple Slices w/Cherry - G or  
Seasonal Fresh Fruit - G

16

Pancake On A Stick - G  
  
Crispy Chicken Tacos - G  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna  
Salad on Panini - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Fruit Cocktail - G or  
Seasonal Fresh Fruit - G

17

Warm Empanada - G  
  
Baked Mesquite Chicken - G  
Meatball Sub. - G  
Calzone - G  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Pear Halves - G or  
Seasonal Fresh Fruit - G

18

Pig In A Blanket - G  
  
Bean/Cheese Burrito - G  
Spicy Popcorn Chicken - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
on Croissant - G  
Chef Salad - G  
Daily Choice of Vegetables - G  
Mandarin Oranges - G or  
Seasonal Fresh Fruit - G

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French Toast Sticks - G  
Breakfast Chicken Patty - G  
  
Breaded Country Steak Fingers - G  
Turkey Hot Dog - G  
Pepperoni Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Peach Slices - G or  
Seasonal Fresh Fruit - G

22

Assorted Cereal - G  
Chocolate Elf Grahams - G  
  
Breaded Country Steak - S  
Spicy Breaded Chicken  
On a Kaiser Bun - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Fruit Cocktail - G or  
Seasonal Fresh Fruit - G

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Apple Cinnamon Muffin - G  
Breakfast Sausage Patty - G  
  
Nacho Deluxe - G  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna  
Salad on Panini - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Diced Peaches - G or  
Seasonal Fresh Fruit - G

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Yogurt Parfait - G  
Fruit Loop Pouch - G  
  
Spaghetti w/ Meatballs - G  
Breaded Chicken On A Bun - G  
Calzone - G  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Sunshine Fruit Salad - S or  
Seasonal Fresh Fruit - G

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Warm Cinnamon Toast - S  
Breakfast Chicken Patty - G  
  
Enchiladas Suizas - S  
Pork Carnitas on Warm Bolillo - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
on Croissant - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Pineapple Chunks - G or  
Seasonal Fresh Fruit - G

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Warm Tamales - S  
  
Breaded Chicken Chunks - G  
Honey BBQ Rib Sandwiches - G  
Pepperoni Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Chilled Pears or  
Seasonal Fresh Fruit - G

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Blueberry Muffin - G  
Breakfast Sausage Patty - G  
  
Teriyaki Boneless Wings - G  
Spicy Breaded Chicken  
On A Kaiser Bun - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Chilled Peaches - G or  
Seasonal Fresh Fruit - G

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Warm Concha - G  
  
Turkey Chorizo Chalupas - G  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna  
Salad on Panini - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Pineapple Chunks w/ Strawberries or  
Seasonal Fresh Fruit - G

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Yogurt Parfait - G  
Halloween Grahams - G  
  
Italian Pasta Bake - S  
Sliced Beef Hoagie - G  
Calzone - G  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Chilled Pears - G or  
Seasonal Fresh Fruit - G

**DID YOU KNOW...**  
October comes from the Latin  
word "octo" which means eight.

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.

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