

# OCTOBER 2018

## Weslaco Independent School District Elementary Breakfast and Lunch Menu

### MONDAY

\*Apple Muffin – G  
\*Breakfast Sausage Patty – G **1**

\*Bean/Cheese Burrito – G or  
Cheese Pizza – G  
\*Mexicali Corn – G  
Monterrey Veggie Blend – G  
\*Strawberry Applesauce – G or  
Seasonal Fresh Fruit – G

**8**

Staff Development Day

\*Mini Blueberry Loaf – G  
\*Sausage Patty – G **15**

Seasoned Chicken Fajitas – G  
Spanish Rice – G  
Warm Wheat Tortilla – G or  
\*Pepperoni Pizza – G  
\*Calabacita Corn Medley – G  
Seasoned Pinto Beans – G  
\*Fruit Cocktail, Fresh Fruit – G

Assorted Cereal – G  
\*Multigrain Cheerios – G  
\*Hugs & Not Drugs Grahams – G  
\*Baked Popcorn Chicken – G  
\*Sliced Wheat Bread – G or  
Pepperoni Pizza – G  
Seasoned Carrots – G  
\*Lemon/Pepper Broccoli – G  
\*Pineapple Chunks – G or  
Seasonal Fresh Fruit – G **22**

\*Blueberry Muffin – G  
\*Breakfast Sausage Patty – G **29**

\*Bean/Cheese Burrito – G or  
Cheese Pizza – G  
\*Mexicali Corn – G  
Monterrey Veggie Blend – G  
\*Strawberry Applesauce – G or  
Seasonal Fresh Fruit – G

### TUESDAY

\*Warm Tamales – S **2**

\*Mesquite Glazed Chicken – G  
\*Warm Dinner Roll – G  
Lemon/Pepper Broccoli – G  
\*Honey Carrot Coins – G  
Pear Halves – G or  
\*Seasonal Fresh Fruit – G

Assorted Cereal – G  
\*Multigrain Cheerios – G  
\*Animal Crackers – G **9**

\*Crispy Tacos – G  
\*Spanish Fideo – G  
Seasoned Pinto Beans – G  
\*Lettuce/Tomato Bits – G  
Pineapple Slices w/ Cherry – G  
or \*Seasonal Fresh Fruit – G

\*Pancake On A Stick – G **16**

\*Breaded Chicken Drumstick – G  
\*Warm Dinner Roll – G  
\*Whipped Potatoes – G  
Ranchero Greenbeans – G  
Pineapple Chunks w/  
Fresh Strawberries – G or  
\*Seasonal Fresh Fruit – G

\*Apple Cinnamon Muffin – G  
\*Breakfast Sausage Patty – G **23**

\*Picadillo con Papas – S  
\*Spanish Rice – G  
\*Warm Corn Tortillas – G  
\*Charro Beans – G  
Lettuce/Tomato Bits – G  
Mandarin Oranges – G or  
\*Seasonal Fresh Fruit – G

\*Banana Bread Slice – G **30**

\*Mesquite Glazed Chicken – G  
\*Warm Dinner Roll – G  
Lemon/Pepper Broccoli – G  
\*Honey Carrot Coins – G  
Pear Halves – G or  
\*Seasonal Fresh Fruit – G

### WEDNESDAY

\*Whole Grain Toast – S  
\*Breakfast Chicken Patty – G **3**

\*Charbroiled Hamburger  
On a Kaiser Bun – G  
\*Seasoned Curly Fries – G  
Veggie Sticks – G  
\*Fruit Cocktail – G or  
Seasonal Fresh Fruit – G

\*Wild Blueberry Muffin – G  
\*Breakfast Sausage Patty – G **10**

Turkey Hot Dog – G or  
\*Hot Hoagie Sub. – G  
\*Crinkle Cut Fries – G  
Cucumber Slices – G  
\*Sliced Pears – G or  
Seasonal Fresh Fruit – G

Warm Empanada – G  
\*Multigrain Cheerios – G  
\*Animal Crackers – G **17**

\*Chicken Nuggets – G  
\*Sliced Wheat Bread – G or  
Grilled Cheese Sandwich – G  
\*Sweet Potato Waffle Fries – G  
Cucumber Slices – G  
\*Fruit Slush – G or  
Seasonal Fresh Fruit – G

\*Yogurt Parfait – G  
Fruit Loop Pouch – G  
\*Multigrain Cheerios – G **24**

\*Turkey Hot Dog – G or  
Honey BBQ Rib  
Twin Sandwiches – G  
\*Tater Tots – G  
Veggie Sticks – G  
\*Chilled Fruit Cup – G

Assorted Cereal – G  
\*Multigrain Cheerios – G  
\*Halloween Grahams – G **31**

\*Charbroiled Hamburger  
On a Kaiser Bun – G  
\*Seasoned Curly Fries – G  
Veggie Sticks – G  
\*Fruit Cocktail – G or  
Seasonal Fresh Fruit – G

### THURSDAY

\*Breakfast Sausage Bites – G **4**

\*Nacho Deluxe – S  
\*Cheese Sauce Garnish – S  
\*Spanish Rice – G  
\*Charro Beans – G  
Lettuce/Tomato Bits – G  
Pineapple Tidbits – G or  
\*Seasonal Fresh Fruit – G

\*Pig In A Blanket – G **11**

\*Meaty Chalupas – G  
\*Shredded Cheese Garnish – S  
Cilantro Salad – G  
\*Smashed Beans – G  
\*Sunshine Fruit Salad – G or  
Seasonal Fresh Fruit – G

\*Pig In A Blanket – G **18**

\*Beef/Cheese Enchiladas – S  
\*Charro Beans – G  
Tossed Salad – G  
Low Fat Dressing – G  
Mandarin Oranges w/  
Fresh Blueberries – G or  
\*Seasonal Fresh Fruit – G

Warm Cinnamon Toast – S  
\*Buttered Toast – S  
\*Breakfast Chicken Patty – G **25**

\*Spaghetti w/ Meatballs – G  
\*Warm Bread Stick – G  
\*California Blend – G  
Garden Salad – G  
Low Fat Dressing – G  
Fruit Cocktail – G or  
\*Seasonal Fresh Fruit – G

### FRIDAY

\*Yogurt Parfait – G  
Fruit Loop Pouch – G  
\*Multigrain Cheerios – G **5**

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

\*Yogurt Parfait – G  
Fruit Loop Pouch – G  
\*Multigrain Cheerios – G **12**

\*Baked Steak Fingers – S  
\*Warm Dinner Roll – G or  
Pepperoni Pizza – G  
Garden Salad, LF Dressing – G  
\*Monterrey Veggie Blend – G  
\*Sliced Peaches – G or  
Seasonal Fresh Fruit – G

\*French Toast Sticks – G  
\*Breakfast Chicken Patty – G **19**

Chicken Parmesan – S  
Garlic Toast – S or  
\*Cheese Pizza – G  
\*Steamed Broccoli – G  
Seasoned Carrot Coins – G  
\*Chilled Peaches – G or  
Seasonal Fresh Fruit – G

\*Warm Tamales – S **26**

\*Breaded Chicken  
Drumsticks – G  
\*Sliced Wheat Bread – G or  
Pepperoni Pizza – G  
Seasoned Greenbeans – G  
\*Corn Kernels – G  
\*Sliced Peaches – G or  
Seasonal Fresh Fruit – G

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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(\* ) Denotes:  
PreK-Menu

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