

NOVEMBER 2018

Weslaco Independent School District Elementary Breakfast and Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

1
*Wild Blueberry Loaf - G
*Sausage Patty - G
2
*Chicken Nuggets - G
*Sliced Wheat Bread - G or
Pepperoni Pizza - G
Steamed Broccoli - G
*Lemon Glazed Carrots - G
*Chilled Fruit - G or
Seasonal Fresh Fruit - G

3
*Pancake On A Stick - G
4
*Crispy Tacos - G
*Spanish Fideo - G
Seasoned Pinto Beans - G
*Lettuce/Tomato Bits - G
Pineapple Slices w/ Cherry - G
or *Seasonal Fresh Fruit - G

5
Warm Concha - G
*Multigrain Cheerios - G
*Elf Grahams - G
6
*Charbroiled Beef Patty
On Kaiser Bun - G
*Crinkle Cut Fries - G
Cucumber Slices - G
*Sliced Pears - G or
Seasonal Fresh Fruit - G

7
*Pig In A Blanket - G
8
*Turkey w/ Gravy - S
*Warm Dinner Roll - G
*Whipped Potatoes - G
Seasoned Greenbeans - G
*Cinnamon Apple Slices - G or
Seasonal Fresh Fruit - G

9
*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multigrain Cheerios - 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/
Fresh Strawberries - G or
Seasonal Fresh Fruit - G

10
*Apple Muffin - G
*Breakfast Sausage Patty - G
11
Seasoned Chicken Fajitas - G
Spanish Rice - G
Warm Wheat Tortillas - G or
*Pepperoni Pizza - G
*Calabacita Corn Medley - G
Seasoned Pinto Beans - G
*Fruit Cocktail or Fresh Fruit - G

12
*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multigrain Cheerios - G
13
*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

14
*Whole Grain Toast - S
*Breakfast Chicken Patty - G
15
*Chicken Nuggets - G
*Sliced Wheat Bread - G or
Grilled Cheese Sandwich - G
*Sweet Potato Waffle Fries - G
Cucumber Slices - G
*Fruit Slush - G

16
*Breakfast Sausage Bites - G
17
*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

18
*French Toast Sticks - G
*Breakfast Chicken Patty - G
19
*Baked Steak Fingers - G
*Sliced Wheat Bread - G or
Pepperoni Pizza - G
Garden Salad, LF Dressing - G
*Monterrey Veggie Blend - G
*Sliced Peaches - G or
Seasonal Fresh Fruit - G

20
Assorted Cereal - G
*Multigrain Cheerios - G
*Animal Crackers - G
21
*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
*Banana Bread Slice - 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

24
*Wild Blueberry Muffin - G
*Breakfast Sausage Patty - G
25
*Turkey Hot Dog - G or
Honey BBQ Rib
Twin Sandwiches - G
*Tater Tots - G
Veggie Sticks - G
*Chilled Fruit Cup - G

26
*Pig In A Blanket - G
27
*Spaghetti w/ Meatballs - G
*Warm Bread Stick - G
*California Blend - G
Garden Salad, LF Dressing - G
Fruit Cocktail - G or
*Seasonal Fresh Fruit - G

28
*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multigrain Cereal - G
29
*Breaded Chicken Drumstick - G
*Sliced Wheat Bread - G or
Pepperoni Pizza - G
Seasoned Greenbeans - G
*Corn Kernels - G
*Sliced Peaches - G or
Seasonal Fresh Fruit - G

30
*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

31
*Banana Bread Slice - G
32
*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

33
*Wild Blueberry Muffin - G
*Breakfast Sausage Patty - G
34
*Turkey Hot Dog - G or
Honey BBQ Rib
Twin Sandwiches - G
*Tater Tots - G
Veggie Sticks - G
*Chilled Fruit Cup - G

35
*Pig In A Blanket - G
36
*Spaghetti w/ Meatballs - G
*Warm Bread Stick - G
*California Blend - G
Garden Salad, LF Dressing - G
Fruit Cocktail - G or
*Seasonal Fresh Fruit - G

37
*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multigrain Cereal - G
38
*Breaded Chicken Drumstick - 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 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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*Thanksgiving Break
November 19th - 23rd, 2018*

(* Denotes:
PreK-Menu

