

# NOVEMBER 2018

## Weslaco Independent School District Middle 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.

Wild Blueberry Loaf – G  
Sausage Patty – G **5**

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

Pancake On A Stick – G **6**

Crispy Chicken Tacos – G  
Cheeseburger – G  
Supreme Pizza – G  
Lemon/Pepper Tuna Salad  
On Panini Bread – G  
Spicy Cobb Salad – G  
Daily Choice of Vegetables – G  
Fruit Cocktail – G or  
Seasonal Fresh Fruit – G

Warm Concha – G **7**

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

Pig In A Blanket – G **1**

Chicken Quesadilla – 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

Banana Bread Slice – G **2**

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

Pig In A Blanket – G **8**

Turkey w/ Gravy – G  
Supreme Pizza – G  
Chef Salad – G  
Daily Choice of Vegetables – G  
Cinnamon Apple Slices – G or  
Seasonal Fresh Fruit – G

French Toast Sticks – G  
Breakfast Chicken Patty – G **9**

Baked 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

Apple Muffin – G  
Breakfast Sausage Patty – G **12**

Baked Country Steak – G  
Spicy Breaded Chicken  
On A Kaiser Bun – G  
Pepperoni Pizza – G  
Turkey & Cheese Croissant – G  
Chicken Strip Salad w/ WG Crax. – G  
Daily Choice of Vegetables – G  
Fruit Cocktail or Fresh Fruit – G

Yogurt Parfait – G  
Fruit Loop Pouch – G **13**

Nacho Deluxe – S  
Cheeseburger – S  
Supreme Pizza – G  
Lemon/Pepper Tuna  
Salad on Panini Bread – G  
Chef Salad – G  
Daily Choice of Vegetables – G  
Diced Peaches or Fresh Fruit – G

Whole Grain Toast – S  
Breakfast Chicken Patty – G **14**

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 – G or  
Seasonal Fresh Fruit – G

Breakfast Sausage Bites – G **15**

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 or Fresh Fruit – G

Warm Tamales – S **16**

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 – G or  
Seasonal Fresh Fruit – G

**19**

**20**

**21**

**22**

**23**

## Thanksgiving Break November 19<sup>th</sup> – 23<sup>rd</sup>, 2018

Assorted Cereal – G  
Animal Crackers – G **26**

Teriyaki Boneless Wings – G  
Spicy Breaded Chicken  
On A Kaiser Bun – G  
Pepperoni Pizza – G  
Turkey & Cheese Croissant – G  
Chicken Strip Salad w/ WG Crax. – G  
Daily Choice of Vegetables – G  
Chilled Peaches or Fresh Fruit – G

Banana Bread Slice – G **27**

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

Wild Blueberry Muffin – G  
Breakfast Sausage Patty – G **28**

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

Pig In A Blanket – G **29**

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 or Fresh Fruit – G

Yogurt Parfait – G  
Fruit Loop Pouch – G **30**

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

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