

Weslaco High School  
Weslaco East High School  
South Palm Gardens  
Lunch Menu  
2018 -2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Country Steak</b>  Warm Dinner Roll Ranch Style Beans Jalapeño Green Beans  Peppered Gravy	<b>Mesquite Glazed Roasted Chicken</b>  Garlic Toast x 2 Spicy Carrots Herbed Yukon Gold & Red Potatoes	<b>Bean/Cheese Burrito</b>  Veggie Sticks Garden Salad  Low Fat Dressing	<b>Breaded Chicken Drumstick</b>  Warm Dinner Roll Macaroni & Cheese Roasted Corn Cheesy Broccoli	<b>Teriyaki Boneless Wings</b>  Oriental Rice Honey Carrot Coins Veggie Egg Roll
<b>Pork Carnitas on Warm Bolillos (2each)</b>  <b>Or</b>  <b>Cheeseburger on Kaiser Bun</b>  Ranch Style Beans Cilantro Salad	<b>Spicy Chicken Nuggets Sliced Wheat Bread</b>  <b>Or</b>  <b>Breaded Chicken On Whole Grain Bun</b>  Carrot Sticks Seasoned Curly Fries	<b>Sliced Beef Hoagie</b>  <b>Or</b>  <b>Spicy Breaded Chicken On Kaiser Bun</b>  Veggie Sticks Garden Salad Low Fat Dressing	<b>Honey BBQ Riblet on Fresh Baked Bun</b>  <b>Or</b>  <b>Breaded Chicken On Whole Grain Bun</b>  Seasoned Steak Fries Fresh Broccoli Florets	<b>Turkey Hot Dog On Fresh Baked Bun</b>  <b>Or</b>  <b>Spicy Popcorn Chicken Sliced Wheat Bread</b>  Carrot Sticks Broccoli Medley
<b>Spicy Chalupas</b>  Spanish Rice  Smashed Beans Cilantro Salad  Shredded Cheese	<b>Chicken Quesadillas</b>  Cilantro Lime Rice  Spicy Carrots Seasoned Corn  Sour Cream & Lime Wedge	<b>Pork Carnitas Warm Corn Tortillas</b>  Sopa de Fideo  Veggie Sticks Garden Salad  Low Fat Dressing Pico de Gallo Garnish	<b>Enchiladas Suizas</b>  Cilantro Lime Rice  Roasted Corn Cheesy Broccoli	<b>Nacho Deluxe</b>  Spanish Rice  Honey Carrot Coins Lettuce/Tomato Bits  Cheese Sauce
<b>Meatball Hoagie &amp; Marinara Sauce</b>  <b>Or</b>  <b>Jalapeño Calzone</b>  Ranch Style Beans Jalapeño Green Beans	<b>Italian Pasta Bake</b>  Garlic Toast  <b>Or</b>  <b>Supreme Pizza</b>  Carrot Sticks Seasoned Corn	<b>Chicken Parmesan Seasoned Noodles</b>  Garlic Toast  <b>Or</b>  <b>Pepperoni Pizza</b>  Veggie Sticks Garden Salad Low Fat Dressing	<b>Pepperoni Calzone</b>  <b>Or</b>  <b>Jalapeño Pizza</b>  Roasted Corn Cheesy Broccoli	<b>Spaghetti w/ Meatballs</b>  Warm Bread Sticks x 2  <b>Or</b>  <b>Cheese Pizza</b>  Honey Carrot Coins Lettuce/Tomato Salad Low Fat Dressing
<b>Ham &amp; Cheese Croissant</b>  Baked Potato Chips  Ranch Style Beans Cucumber Slices	<b>Lemon/Pepper Tuna Salad Panini</b>  Carrot Sticks Seasoned Curly Fries	<b>Turkey &amp; Cheese Ciabatta Sandwich</b>  Veggie Sticks Garden Salad Low Fat Dressing	<b>Chicken &amp; Fruit Salad Croissant</b>  Seasoned Steak Fries Fresh Broccoli Florets	<b>Panther/Wildcat Club Hoagie</b>  Baked Potato Chips  Carrot Sticks Hamburger Salad
<b>Spicy Cobb Salad</b>  Tostitos Rounds	<b>Chef Salad</b>  Pasta Salad/WG Saltine Crackers	<b>Southwest Taco Salad</b>  WG Fritos	<b>Jalapeño Tuna Salad</b>  Tostitos Rounds Cilantro Lime Rice	<b>Market Fresh Salad</b>  <b>Fiesta Black Beans</b>  Warm Pretzel Nuggets
<b>Chilled Peaches</b> Seasonal Fresh Fruit	<b>Chilled Pineapple</b> Seasonal Fresh Fruit	<b>Fruit Cocktail</b> Seasonal Fresh Fruit	<b>Chilled Pears</b> Seasonal Fresh Fruit	<b>Fruit Cup</b> Seasonal Fresh Fruit
Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily

Menu subject to change due to food availability, etc.

Revised: 08/01/2018