

APRIL 2019



Weslaco Independent School District Elementary Breakfast & Lunch Menu

Monday

*Blueberry Muffin - G
*Breakfast Sausage Patty - G **1**

Seasoned Chicken Fajitas - G
Mexican Rice - S
Warm Corn Tortillas - G or
*Pepperoni Pizza - G
*Calabacita Corn Medley - G
Chorizo Smashed Beans - G
*Chilled Fruit Cup - G

*Mini Blueberry Loaf - G
*Breakfast Sausage Patty - G **8**

*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

*Apple Muffin - G
*Breakfast Sausage Patty - G **15**

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

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Weather Day

*Mini Blueberry Loaf - G
*Breakfast Sausage Patty - G **29**

Seasoned Chicken Fajitas - G
Mexican Rice - G
Warm Corn Tortillas - G or
*Pepperoni Pizza - G
*Calabacita Corn Medley - G
Seasoned Pinto Beans - G
*Fruit Cocktail, Fresh Fruit - G

Tuesday

Warm Concha - G
*Assorted Multigrain Cereal - G
*Animal Crackers - G **2**

*Breaded Chicken Drumstick - G
*Warm Dinner Roll - G
*Whipped Potatoes - G
Ranchero Green Beans - G
Pineapple Chunks w/
Fresh Strawberries - G
*Seasonal Fresh Fruit - G

*Pancake On Stick - G **9**

*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

*Pig In A Blanket - G **16**

*Chicken Drumstick - G
*Warm Dinner Roll - G
Lemon/Pepper Broccoli - G
*Ranch Style Beans - G
Pear Halves - G or
*Seasonal Fresh Fruit - G

Assorted Cereal - G
*Assorted Multi-grain Cereal - G
*Animal Crackers - G **23**

*Popcorn Chicken - G
*Warm Dinner Roll - G
Steamed Broccoli - G
*Lemon Glazed Carrots - G
Cinnamon Apple Slices - G or
*Seasonal Fresh Fruit

*Pancake On A Stick - G **30**

*Breaded Chicken Drumstick - G
*Warm Dinner Roll - G
*Whipped Potatoes - G
Ranchero Green Beans - G
Pineapple Chunks w/
Fresh Strawberries - G or
*Seasonal Fresh Fruit - G

Wednesday

*Banana Bread Slice - G **3**

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

*Pig In A Blanket - G **10**

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

*Whole Grain Toast - S
*Breakfast Chicken Patty - G **17**

*Charbroiled Hamburger - G
*Seasoned Curly Fries - G
Veggie Sticks - G
*Fruit Cocktail - G or
Seasonal Fresh Fruit - G

*Blueberry Muffin - G
*Breakfast Sausage Patty - G **24**

Turkey Hot Dog - G or
*Hot Turkey Hoagie - G
*Crinkle Cut Fries - G
Cucumber Slices - G
*Sliced Pears - G or
Seasonal Fresh Fruit - G

Thursday

*Pig In A Blanket - G **4**

*Beef/Cheese Enchiladas - S
*Charro Beans - G
Tossed Salad, LF Dressing - G
Mandarin Oranges w/
Fresh Blueberries - G or
*Seasonal Fresh Fruit - G

*French Toast Sticks - G
*Breakfast Chicken Patty - G **11**

*Spaghetti w Meatballs - G
*Warm Bread Stick - G
*California Blend - G
Garden Salad, LF Dressing - G
Fruit Cocktail - G or
*Seasonal Fresh Fruit - G

*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multi-grain Cheerios - G **18**

*Fish Square - S
*Sliced Wheat Bread - G
*Macaroni & Cheese - S
*Honey Carrot Coins - G
Fresh Cucumber Slices - G
*Chilled Fruit Cup - G

*Pig In A Blanket - G **25**

*Meaty Chalupas - G
*Shredded Cheese Garnish - G
Lettuce/Tomato Bits - G
*Smashed Beans - G
Sunshine Fruit Salad - G or
*Seasonal Fresh Fruit - G

Friday

*Yogurt Parfait - G
Fruit Loop Pouch - G
*Multi-grain Cheerios - G **5**

Country Steak - S
Garlic Toast - S or
*Cheese Pizza - G
*Steamed Broccoli - G
Seasoned Carrots - G
*Chilled Peaches - G or
Seasonal Fresh Fruit - G

Warm Concha - G
*Assorted Multigrain Cereal - G
*Elf Grahams - G **12**

*Baked Fish Square - G
*Macaroni & Cheese - G or
Cheese Pizza - G
Seasoned Green Beans - G
*Corn Kernels - G
*Sliced Peaches - G or
Seasonal Fresh Fruit - G

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**Good Friday
No Class**

*Yogurt Parfait - G
Fruit Loop Pouches - G
*Multi-grain Cheerios - G **26**

*Steak Fingers - S
*Sliced Wheat Bread - G
Garden Salad - G
Low Fat Dressing - G
*Monterrey Veggie Blend - G
*Chilled Fruit Cup - 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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DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.