

# APRIL 2019

## Weslaco Independent School District Middle Schools Breakfast & Lunch Menu

### Monday

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

Teriyaki Boneless Wings - G  
Spicy Breaded Chicken Burger - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/  
WG Crackers - G  
Daily Choice of Vegetables - G  
Chilled Peaches, Fresh Fruit - G

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

Chicken Parmesan - S  
Spicy Breaded Chicken Burger - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/  
WG Crackers - G  
Daily Choice of Vegetables - G  
Pineapple Slices w/Cherry - G or  
Seasonal Fresh Fruit - G

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

Country Steak - S  
Spicy Breaded Chicken Burger - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/  
WG Crackers - G  
Daily Choice of Vegetables - G  
Fruit Cocktail, Fresh Fruit - G

**Weather Day**

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

Chicken Parmesan - S  
Spicy Breaded Chicken Burger - S  
Pepperoni Pizza - G  
Turkey & Cheese Croissant - G  
Chicken Strip Salad w/  
WG Crackers - G  
Daily Choice of Vegetables - G  
Pineapple Slices w/Cherry - G or  
Seasonal Fresh Fruit - G

### Tuesday

Warm Concha - G  
Creamy Yogurt - G **2**

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 & Strawberries - G  
Seasonal Fresh Fruit - G

Pancake On Stick - G **9**

Crispy Chicken Tacos - G  
Cheeseburger - S  
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

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

Nacho Deluxe - S  
Cheeseburger - S  
Supreme Pizza - G  
Lemon/Pepper Tuna Salad  
On Panini Bread - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Chilled Fruit Cup - G or  
Seasonal Fresh Fruit - G

Assorted Cereal - G  
Bug Bites Grahams - G **23**

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 & Strawberries - G  
Seasonal Fresh Fruit - G

Pancake On A Stick - G **30**

Crispy Chicken Tacos - G  
Cheeseburger - S  
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

### Wednesday

Banana Bread Slice - G **3**

Italian Pasta Bake - S  
Sliced Beef Hoagie - S  
Calzone - S  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Chilled Fruit Cup - G or  
Seasonal Fresh Fruit - G

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

Baked BBQ Mesquite Chicken - G  
Meatball Sub. w/ Marinara - S  
Calzone - S  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Pear Halves - G or  
Seasonal Fresh Fruit - G

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

Spaghetti w/ Meatballs - G  
Breaded Chicken Burger - G  
Calzone - S  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Sunshine Fruit Salad - S or  
Seasonal Fresh Fruit - G

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

Italian Pasta Bake - S  
Sliced Beef Hoagie - S  
Calzone - S  
Turkey & Cheese Croissant - G  
Tuna Salad w/ WG Crax. - G  
Daily Choice of Vegetables - G  
Chilled Fruit Cup - G or  
Seasonal Fresh Fruit - G

### 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.

### Thursday

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

Chicken Quesadillas - G  
Spicy Popcorn Chicken - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
On Croissant - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Mandarin Oranges, Fresh Fruit - G

French Toast Stick, Syrup - G  
Breakfast Chicken Patty - G **11**

Bean/Cheese Burrito - G  
Spicy Popcorn Chicken - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
On Croissant - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Mandarin Oranges, Fresh Fruit - G

Yogurt Parfait - G  
Fruit Loop Pouch - G **18**

Enchiladas Suizas - S  
Pork Carnitas on Bolillo Buns - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
On Croissant - G  
Spicy Cobb Salad - G  
Daily Choice of Vegetables - G  
Pineapple Chunks, Fresh Fruit - G

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

Chicken Quesadillas - G  
Spicy Popcorn Chicken - G  
Supreme Pizza - G  
Chicken & Fruit Salad  
On Croissant - G  
Chef Salad w/ WG Crackers - G  
Daily Choice of Vegetables - G  
Mandarin Oranges, Fresh Fruit - G

### Friday

Yogurt Parfait - G  
Fruit Loop Pouch - G **5**

Breaded Chicken Drumstick - G  
Fish Burger - S  
Cheese Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Fruit Cocktail - G or  
Seasonal Fresh Fruit - G

Warm Concha - G  
Creamy Yogurt - G **12**

Country Steak Fingers - S  
Fish Burger - S  
Cheese Pizza - G  
Club Sandwich - G  
Market Fresh Salad - G  
Daily Choice of Vegetables - G  
Chilled Fruit Cup - G or  
Seasonal Fresh Fruit - G

**Good Friday  
No Class**

Yogurt Parfait - G  
Fruit Loop Pouches - G **26**

Breaded Chicken Drumstick - G  
Fish Burger - S  
Cheese 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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