

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Country Steak Fingers Warm Dinner Roll Ranch Style Beans Jalapeño Green Beans Peppered Gravy	Glazed Chicken Drumstick Garlic Toast x 2 Spicy Carrots Herbed Yukon Gold & Red Potatoes	Bean/Cheese Burrito Veggie Sticks Garden Salad Low Fat Dressing	Breaded Chicken Drumstick Warm Dinner Roll Macaroni & Cheese Roasted Corn Cheesy Broccoli	Teriyaki Boneless Wings Oriental Rice Honey Carrot Coins Veggie Egg Roll
Pork Carnitas on Warm Bolillos (2each) Or Cheeseburger on Kaiser Bun Ranch Style Beans Cilantro Salad Baked Potato Chip	Spicy Chicken Nuggets Sliced Wheat Bread Or Breaded Chicken On Whole Grain Bun Carrot Sticks Seasoned Curly Fries	Sliced Beef Hoagie With Cheese Or Spicy Breaded Chicken On Kaiser Bun Veggie Sticks Garden Salad Low Fat Dressing Salsa Sun Chip	Cheeseburger Or Breaded Chicken On Whole Grain Bun Seasoned Steak Fries Fresh Broccoli Florets	Fish Burger Or Spicy Popcorn Chicken Sliced Wheat Bread Carrot Sticks Broccoli Medley Baked Potato Chip
Spicy Chalupas Spanish Rice Smashed Beans Cilantro Salad Shredded Cheese	Chicken Quesadillas Cilantro Lime Rice Spicy Carrots Seasoned Corn Sour Cream & Lime Wedge	Pork Carnitas Warm Corn Tortillas Shredded Cheese Sopa de Fideo Veggie Sticks Garden Salad Low Fat Dressing Salsa Fresca	Enchiladas Suizas Cilantro Lime Rice Roasted Corn Cheesy Broccoli	Nacho Deluxe Spanish Rice Honey Carrot Coins Lettuce/Tomato Bits Cheese Sauce
Meatball Hoagie & Marinara Sauce Or Jalapeño Calzone Ranch Style Beans Jalapeño Green Beans	Italian Pasta Bake Garlic Toast Or Supreme Pizza Carrot Sticks Seasoned Corn	Chicken Parmesan Seasoned Noodles Garlic Toast Or Pepperoni Pizza Veggie Sticks Garden Salad Low Fat Dressing	Pepperoni Calzone Or Jalapeño Pizza Roasted Corn Cheesy Broccoli	Spaghetti w/ Meatballs Warm Bread Sticks x 2 Or Cheese Pizza Honey Carrot Coins Lettuce/Tomato Salad Low Fat Dressing
Ham & Cheese Croissant Baked Potato Chips Ranch Style Beans Cucumber Slices	Lemon/Pepper Tuna Salad Panini Carrot Sticks Seasoned Curly Fries	Turkey & Cheese Ciabatta Sandwich Salsa Sun Chip Veggie Sticks Garden Salad Low Fat Dressing	Chicken & Fruit Salad Croissant Seasoned Steak Fries Fresh Broccoli Florets	Panther/Wildcat Club Hoagie Baked Potato Chips Carrot Sticks Hamburger Salad
Spicy Cobb Salad Tostitos Rounds	Chef Salad Pasta Salad/WG Saltine Crackers	Southwest Taco Salad WG Fritos	Jalapeño Tuna Salad Tostitos Rounds Pasta Salad	Market Fresh Salad Fiesta Black Beans Warm Pretzel Nuggets x 4
Chilled Peaches Seasonal Fresh Fruit	Chilled Pineapple Seasonal Fresh Fruit	Fruit Cocktail Seasonal Fresh Fruit	Chilled Pears Seasonal Fresh Fruit	Fruit Cup 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: 01/25/2019