

# MAY 2019



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

### MONDAY

#### DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

Assorted Cereal – G  
Elf Grahams – G

6

Country Steak Fingers – 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

Blueberry Muffin – G  
Chicken Breakfast Patty – G

13

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

20

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

27

Work Day

### TUESDAY

Apple Cinnamon Muffin – G  
Breakfast Sausage Patty – G

7

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

Warm Concha – G  
Creamy Yogurt – G

14

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

Pancake On A Stick – G

21

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

Enrichment Day  
Yogurt Parfait – G  
Fruit Loop Pouch – G

28

Nacho Deluxe – S  
Cheeseburger – G  
Chef Salad – G  
Daily Choice of Vegetables – G  
Diced Peaches – G  
Seasonal Fresh Fruit – G

### WEDNESDAY

Warm Empanada – G  
Creamy Yogurt – G

1

BBQ Mesquite Baked 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

Yogurt Parfait – G  
Fruit Loop Pouch – G

8

Spaghetti w/ Meatballs – G  
Breaded Chicken on Bun – 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

Banana Bread Slice – G

15

Italian Pasta Bake – S  
Sliced Beef Hoagies – S  
Calzone – S  
Turkey & Cheese Croissant – G  
Tuna Salad w/ WG Crackers – G  
Daily Choice of Vegetables – G  
Chilled Peaches – G or  
Seasonal Fresh Fruit – G

Warm Concha – G  
Creamy Yogurt – G

22

Baked BBQ Mesquite Chicken – G  
Meatball Sub. w/ Marinara – G  
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

Enrichment Day  
Whole Grain Toast – G  
Breakfast Chicken Patty – G

29

Spaghetti w/ Meatballs – G  
Breaded Chicken on Bun – G  
Tuna Salad w/ WG Crackers – G  
Daily Choice of Vegetables – G  
Sunshine Fruit Salad – S or  
Seasonal Fresh Fruit – G

### THURSDAY

Pig In A Blanket – G  
Chocolate Elf Grahams – G

2

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

Cinnamon WG Toast – S  
Breakfast Chicken Patty – G

9

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  
Chocolate Elf Grahams – G

16

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, Fresh Fruit – G

Pig In A Blanket – G  
Chocolate Elf Grahams – G

23

Bean/Cheese Burrito – 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

Enrichment Day  
Apple Cinnamon Muffin – G  
Breakfast Sausage Patty – G

30

Pork Carnitas on Bolillo Buns – G  
Supreme Pizza – G  
Spicy Cobb Salad – G  
Daily Choice of Vegetables – G  
Pineapple Chunks, Fresh Fruit – G

### FRIDAY

French Toast, Syrup – G  
Breakfast Chicken Patty – G

3

Country Steak – S  
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

Tamales – S

10

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 Fruit Cup – G or  
Seasonal Fresh Fruit – G

Yogurt Parfait – G  
Fruit Loop Pouch – G

17

Breaded Chicken Drumsticks – 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

Early Release  
French Toast Sticks, Syrup – G  
Breakfast Chicken Patty – G

24

Country Steak – S  
Turkey Hot Dog – G  
Pepperoni Pizza – G  
Club Sandwich – G  
Market Fresh Salad – G  
Daily Choice of Vegetables – G  
Chilled Fruit Cup – G or  
Seasonal Fresh Fruit – G

Enrichment Day  
Pig In A Blanket – G  
Chocolate Elf Grahams – G

31

Breaded Chicken Chunks – G  
Pepperoni Pizza – G  
Market Fresh Salad – G  
Daily Choice of Vegetables – G  
Chilled Fruit Cup – 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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