

MAY 2019



Weslaco Independent School District PRE-K 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 Multi-grain Cereal – G
Elf Grahams – G

6

Baked Popcorn Chicken – G
Sliced Wheat Bread – G or
Lemon/Pepper Broccoli – G
Pineapple Chunks – G

Blueberry Muffin – G
Chicken Breakfast Patty – G

13

Bean/Cheese Burrito – G
Seasoned Corn Kernels – G
Strawberry Applesauce – G

Mini Blueberry Loaf – G
Breakfast Sausage Patty – G

20

Chicken Nuggets – G
Sliced Wheat Bread – G
Lemon Glazed Carrots – G
Chilled Fruit Cup – G

27

Work Day

TUESDAY

Pig In A Blanket – G

7

Picadillo con Papas – S
Spanish Rice – G
Warm Corn Tortillas – G
Charro Beans – G
Seasonal Fresh Fruit - G

Assorted Multi-grain Cereal – G
Animal Crackers – G

14

Mesquite
Chicken Drumstick – G
Warm Dinner Roll – G
Honey Carrot Coins – G
Chilled Fruit Cup - G

Pancake On A Stick – G

21

Crispy Chicken Tacos – G
Spanish Fideo – G
Lettuce/Tomato Bits – G
Seasonal Fresh Fruit - G

Enrichment Day
Yogurt Parfait – G
Multi-grain Cheerios – G

28

Breaded Chicken Drumstick – G
Warm Dinner Roll – G
Whipped Potatoes – G
Seasonal Fresh Fruit - G

WEDNESDAY

Assorted Multi-grain Cereal – G
Animal Crackers – G

1

Chicken Nuggets – G
Sliced Wheat Bread – G or
Sweet Potato Waffle Fries – G
Seasonal Fresh Fruit - G

Yogurt Parfait – G
Multi-grain Cheerios – G

8

Turkey Hot Dog – G
Tater Tot – G
Chilled Fruit Cup - G

Banana Bread Slice – G

15

Charbroiled Hamburger – G
Seasoned Curly Fries – G
Fruit Cocktail – G

Assorted Multi-grain Cereal – G
Animal Crackers – G

22

Steak Fingers – S
Sliced Wheat Bread – G
Seasoned Corn Kernels - G
Sliced Peaches - G

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

29

Chicken Nuggets – G
Sliced Wheat Bread – G
Sweet Potato Waffle Fries – G
Chilled Fruit Cup - G

THURSDAY

Pig In A Blanket – G

2

Beef/Cheese Enchiladas – S
Charro Beans – G
Seasonal Fresh Fruit - G

Whole Grain Toast – S
Breakfast Chicken Patty – G

9

Spaghetti w/ Meatballs – G
Warm Bread Stick – G
California Blend – G
Seasonal Fresh Fruit - G

Pig In A Blanket – G

16

Nacho Deluxe – S
Cheese Sauce Garnish – S
Charro Beans – G
Seasonal Fresh Fruit - G

Pig In A Blanket – G

23

Meaty Chalupas – G
Shredded Cheese Garnish – G
Smashed Chorizo Beans – G
Seasonal Fresh Fruit - G

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

30

Nacho Deluxe – S
Cheese Sauce Garnish – S
Charro Beans – G
Seasonal Fresh Fruit - G

FRIDAY

French Toast Sticks – G
Breakfast Chicken Patty – G

3

Cheese Pizza – G
Steamed Broccoli – G
Chilled Fruit Cup – G

Banana Muffin – G
Sausage Patty – G

10

Breaded Chicken Drumstick – G
Sliced Wheat Bread – G or
Corn Kernels – G
Sliced Peaches – G

Yogurt Parfait – G
Multi-grain Cheerios – G

17

Pepperoni Pizza – G
Fresh Cucumber Slices – G
Pineapple Chunks w/
Fresh Strawberries - G

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

24

Turkey/Cheese Hoagie – G
Cucumber Slices – G
Seasonal Fresh Fruit - G

Enrichment Day
Pig In A Blanket – G

31

Cheese Pizza – G
Steamed Broccoli – G
Chilled Peaches – 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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