

MAY 2019



Weslaco Independent School District Kinder – 5th Grade 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

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

Blueberry Muffin – G
Chicken Breakfast Patty – G

13

Bean/Cheese Burrito – G or
Pepperoni Pizza – G
Seasoned Corn Kernels – G
Monterrey Veggie Blend – G
Strawberry Applesauce – G or
Seasonal Fresh Fruit – G

Mini Blueberry Loaf – G
Breakfast Sausage Patty – G

20

Chicken Nuggets – G
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Steamed Broccoli – G
Lemon Glazed Carrots – G
Chilled Fruit Cup – G or
Seasonal Fresh Fruit – 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
Lettuce/Tomato Bits – G
Mandarin Oranges – G or
Seasonal Fresh Fruit – G

Warm Concha – G

14

Mesquite
Chicken Drumstick – G
Warm Dinner Roll – G
Lemon/Pepper Broccoli – G
Honey Carrot Coins – G
Chilled Fruit Cup – G

Pancake On A Stick – G

21

Crispy Chicken Tacos – G
Spanish Fideo – G
Seasoned Pinto Beans – G
Lettuce/Tomato Bits – G
Pineapple Slices w/
Cherries – G or
Seasonal Fresh Fruit – G

Enrichment Day
Yogurt Parfait – G
Fruit Loop Pouch – G

28

Breaded Chicken Drumstick – G
Warm Dinner Roll – G
Whipped Potatoes – G
Rancho Greenbeans – G
Pineapple Chunks w/
Fresh Strawberries – G or
Seasonal Fresh Fruit – G

WEDNESDAY

Warm Empanada – G

1

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

Yogurt Parfait – G
Fruit Loop Pouch – G

8

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

Banana Bread Slice – G

15

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

Warm Concha – G

22

Steak Fingers – S
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Seasoned Corn Kernels – G
Monterrey Veggie Blend – G
Sliced Peaches, Fresh Fruit – G

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

29

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

THURSDAY

Pig In A Blanket – G

2

Beef/Cheese Enchiladas – S
Charro Beans – G
Tossed Salad – G
Low Fat Dressing – G
Mandarin Oranges w/
Fresh Blueberries – G or
Seasonal Fresh Fruit – G

Whole Grain Toast – S
Breakfast Chicken Patty – G

9

Spaghetti w/ Meatballs – G
Warm Bread Stick – G
California Blend – G
Garden Salad – G
Low Fat Dressing – G
Fruit Cocktail – G or
Seasonal Fresh Fruit – G

Pig In A Blanket – G

16

Nacho Deluxe – S
Cheese Sauce Garnish – S
Charro Beans – G
Lettuce/Tomato Bits – G
Pineapple Tidbits – G or
Seasonal Fresh Fruit – G

Pig In A Blanket – G

23

Meaty Chalupas – G
Shredded Cheese Garnish – G
Lettuce/Tomato Bits – G
Smashed Chorizo Beans – G
Sunshine Fruit Salad – G
or 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
Lettuce/Tomato Bits – G
Mandarin Oranges w/
Fresh Blueberries – G or
Seasonal Fresh Fruit – G

FRIDAY

French Toast Sticks – G
Breakfast Chicken Patty – G

3

Country Steak – S
Garlic Toast – S or
Cheese Pizza – G
Steamed Broccoli – G
Seasoned Carrot Coins – G
Chilled Fruit Cup – G

Banana Muffin – G
Sausage Patty – G

10

Breaded Chicken Drumstick – G
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Seasoned Greenbeans – G
Corn Kernels – G
Sliced Peaches – G or
Seasonal Fresh Fruit – G

Yogurt Parfait – G
Fruit Loop Pouch – G

17

Baked Chicken Strips – G
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Tossed Salad, LF Dressing – 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
Baby Carrots – G
Cucumber Slices – G
Sliced Pears – G or
Seasonal Fresh Fruit – G

Enrichment Day
Pig In A Blanket – G

31

Cheese Pizza – G
Steamed Broccoli – G
Seasoned Carrot Coins – G
Chilled Peaches – 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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