

# JUNE 2019

## Weslaco Independent School District Summer Feeding Program Middle Schools Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

The June Bug, also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night when the light attracts them.

Assorted Cereal - G  
Elf Chocolate Grahams - G

3

Cheeseburger  
On Kaiser Bun - G  
Baby Carrots - G  
Fresh Broccoli Florets - G  
Low Fat Dressing - G  
Seasonal Fresh Fruit - G

Apple Cinnamon Muffin - G  
Breakfast Sausage Patty - G

4

Warm Chicken Fajitas - G  
Warm Corn Tortillas - G  
Spanish Rice - G  
Ranch Style Beans - G  
Cucumber Slices - G  
Fruit Cup - G

Pig In A Blanket - G  
Animal Crackers - G

5

Pepperoni Pizza Slice - G  
Fresh Carrot Sticks - G  
Seasoned Corn Kernels - G  
Seasonal Fresh Fruit - G

French Toast Sticks, Syrup - G  
Creamy Yogurt - G

6

Spaghetti w/ Meatballs - G  
Warm Bread Sticks - G  
Seasoned Green Beans - G  
Garden Salad - G  
Low Fat Dressing - G  
Fruit Cup - G

Breakfast Chicken Patty - G  
Whole Grain Toast - S

7

Chicken Strips - G  
Sliced Wheat Bread - G  
Whipped Potatoes - G  
California Blend - G  
Seasonal Fresh Fruit - G

Pancake On A Stick - G

10

Meaty Crispy Tacos - G  
Spanish Fideo - G  
Lettuce/Tomato Bits - G  
Charro Beans - G  
Seasonal Fresh Fruit - G

Blueberry Mini Loaf - G  
Breakfast Sausage Patty - G

11

Teriyaki Boneless Wings - G  
Steamed Rice - G  
Veggie Egg Roll - G  
Lemon/Pepper Broccoli - G  
Fruit Cup - G

Banana Bread Slice - G

12

Turkey Hoagie - G  
Sweet Potato Waffle Fries - G  
Cucumber Slices - G  
Seasonal Fresh Fruit - G

Pig In A Blanket - G  
Animal Crackers - G

13

Pepperoni Pizza Slice - G  
Sweet Peas - G  
Seasoned Carrots - G  
Fruit Cup - G

Assorted Cereal - G  
Cinnamon Elf Grahams - G

14

Bean/Cheese Burrito - G  
Seasoned Green Beans - G  
California Blend - G  
Seasonal Fresh Fruit - G

Apple Cinnamon Muffin - G  
Creamy Yogurt - G

17

Country Steak - S  
Sliced Wheat Bread - G  
Creamy Country Gravy - S  
Whipped Potatoes - G  
Seasoned Green Beans - G  
Seasonal Fresh Fruit - G

Pancake On A Stick - G

18

Turkey Hoagie - G  
Sweet Potato Waffle Fries - G  
Cucumber Slices - G  
Fruit Cup - G

French Toast Sticks, Syrup - G  
Breakfast Sausage Patty - G

19

Meaty Chalupas - G  
Spanish Rice - G  
Smashed Beans - G  
Lettuce/Tomato Bits - G  
Seasonal Fresh Fruit - G

Pig In A Blanket - G  
Animal Crackers - G

20

Turkey Hot Dog - G  
Salsa Sun Chips - G  
Fresh Broccoli Florets - G  
Baby Carrots - G  
Low Fat Dressing - G  
Fruit Cup - G

Assorted Cereal - G  
Chocolate Elf Grahams - G

21

Crispy Chicken Tacos - G  
Shredded Cheese - G  
Ranch Style Beans - G  
Lettuce/Tomato Bits - G  
Seasonal Fresh Fruit - G

Assorted Cereal - G  
Elf Chocolate Grahams - G

24

Cheeseburger  
On Kaiser Bun - G  
Baby Carrots - G  
Fresh Broccoli Florets - G  
Low Fat Dressing - G  
Seasonal Fresh Fruit - G

Apple Cinnamon Muffin - G  
Breakfast Sausage Patty - G

25

Warm Chicken Fajitas - G  
Warm Corn Tortillas - G  
Spanish Rice - G  
Ranch Style Beans - G  
Cucumber Slices - G  
Fruit Cup - G

Pig In A Blanket - G  
Animal Crackers - G

26

Pepperoni Pizza Slice - G  
Fresh Carrot Sticks - G  
Seasoned Corn Kernels - G  
Seasonal Fresh Fruit - G

French Toast Sticks, Syrup - G  
Creamy Yogurt - G

27

Spaghetti w/ Meatballs - G  
Warm Bread Sticks - G  
Seasoned Green Beans - G  
Garden Salad - G  
Low Fat Dressing - G  
Fruit Cup - G

Breakfast Chicken Patty - G  
Whole Grain Toast - S

28

Chicken Strips - G  
Sliced Wheat Bread - G  
Whipped Potatoes - G  
California Blend - G  
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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