

# JUNE 2019

## Weslaco Independent School District Summer Feeding Program Pre-Kinder 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

Charbroiled Hamburger  
On Kaiser Bun – G  
Baby Carrots – G  
Low Fat Dressing – G  
Seasonal Fresh Fruit – G

Apple Cinnamon Muffin – G  
Breakfast Sausage Patty – G

4

Chicken Fajitas – G  
Warm Corn Tortillas – G  
Cucumber Slices – G  
Fruit Cup – G

Pig In A Blanket – G

5

Pepperoni Pizza Slice – G  
Seasoned Corn Kernels – G  
Seasonal Fresh Fruit – G

French Toast Sticks – G  
Creamy Yogurt – G

6

Spaghetti w/ Meatballs – G  
Warm Bread Sticks – G  
Seasoned Green Beans – G  
Fruit Cup – G

Breakfast Chicken Patty – G  
Whole Grain Toast – S

7

Chicken Strips – G  
Sliced Wheat Bread – G  
Whipped Potatoes – G  
Seasonal Fresh Fruit – G

Pancake On A Stick – G

10

Meaty Crispy Tacos – G  
Lettuce/Tomato Bits – G  
Seasonal Fresh Fruit – G

Blueberry Mini Loaf – G  
Breakfast Sausage Patty – G

11

Teriyaki Boneless Wings – G  
Veggie Egg Roll – G  
Fruit Cup – G

Banana Bread Slice – G

12

Turkey Hoagie – G  
Cucumber Slices – G  
Seasonal Fresh Fruit – G

Pig In A Blanket – G

13

Pepperoni Pizza Slice – G  
Seasoned Carrots – G  
Fruit Cup – G

Assorted Cereal – G  
Cinnamon Elf Grahams – G

14

Bean/Cheese Burrito – G  
California Blend – G  
Seasonal Fresh Fruit – G

Apple Cinnamon Muffin – G  
Creamy Yogurt – G

17

Country Steak – S  
Sliced Wheat Bread – G  
Whipped Potatoes – G  
Seasonal Fresh Fruit – G

Pancake On A Stick – G

18

Turkey Hoagie – G  
Cucumber Slices – G  
Fruit Cup – G

French Toast Sticks – G  
Breakfast Sausage Patty – G

19

Meaty Chalupas – G  
Shredded Cheese – G  
Smashed Beans – G  
Lettuce/Tomato Bits – G  
Low Fat Dressing – G  
Seasonal Fresh Fruit – G

Pig In A Blanket – G

20

Turkey Hot Dog – G  
Salsa Sun Chips – G  
Baby Carrots – G  
Fruit Cup – G

Assorted Cereal – G  
Chocolate Elf Grahams – G

21

Crispy Chicken Tacos – G  
Garden Salad – G  
Seasonal Fresh Fruit – G

Assorted Cereal – G  
Elf Chocolate Grahams – G

24

Charbroiled Hamburger  
On Kaiser Bun – G  
Baby Carrots – G  
Low Fat Dressing – G  
Seasonal Fresh Fruit – G

Apple Cinnamon Muffin – G  
Breakfast Sausage Patty – G

25

Chicken Fajitas – G  
Cucumber Slices – G  
Fruit Cup – G

Pig In A Blanket – G

26

Pepperoni Pizza Slice – G  
Seasoned Corn Kernels – G  
Seasonal Fresh Fruit – G

French Toast Sticks – G  
Creamy Yogurt – G

27

Spaghetti w/ Meatballs – G  
Warm Bread Sticks – G  
Seasoned Green Beans – G  
Fruit Cup – G

Breakfast Chicken Patty – G  
Whole Grain Toast – S

28

Chicken Strips – G  
Sliced Wheat Bread – G  
Whipped Potatoes – G  
Seasonal Fresh Fruit – G

For Pre-Kinder Students:

1% Milk Offered Daily  
for Breakfast and Lunch

100% Fruit Juice  
served daily for breakfast

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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