

# FEBRUARY 2020

## Weslaco Independent School District RICO PRE-KINDER Breakfast & Lunch Menu



### Grapefruit

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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### Monday

Weather Day

3

Blueberry Muffin – G  
Breakfast Sausage Patty – G

10

Bean/Cheese Burrito – G  
Seasoned Corn Kernels – G  
Seasonal Fresh Fruit – G

Banana Mini Loaf – G  
Brkft. Sausage Patty – G

17

Chicken Nuggets – G  
Sliced Wheat Bread – G  
Lemon Glazed Carrots – G  
Cinnamon Apple Slices – G

Apple Cinnamon Muffin – G  
Breakfast Sausage Patty – G

24

Pepperoni Pizza – G  
Calabacita Corn Medley – G  
Fruit Cocktail – G

### Tuesday

Assorted Cereal – G  
Chocolate Elf Grahams – G

4

Baked Popcorn Chicken – G  
Warm Dinner Roll – G  
Lemon/Pepper Broccoli – G  
Pineapple Chunks – G

Blueberry Pancake On A Stick – G

11

Mesquite Glazed Baked Chicken – G  
Warm Dinner Roll – G  
Honey Carrot Coins – G  
Seasonal Fresh Fruit – G

Pancake On A Stick – G

18

Crispy Tacos – G  
Shredded Cheese Garnish – G  
Sopa de Coditos – G  
Lettuce/Tomato Bits – G  
Diced Apples w/ Mulberries – G

Pig In Blanket – G

25

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

### Wednesday

Sunbutter/Jelly Uncrustable – G

5

Turkey Hot Dog – G  
Tater Tots – G  
Grapefruit Wedges w/ Grapes – G

Banana Bread Slice – G

12

Charbroiled Hamburger – G  
Seasoned Curly Fries – G  
Grapes & Berries  
Fruit Medley – G

Assorted Multi-Grain Cereal – G  
Assorted Grahams – G

19

Turkey/Cheese Sub. – G  
Crinkle Cut Fries – G  
Sliced Pears – G

Assorted Cereal – G  
Assorted Graham Crackers – G

26

Grilled Cheese Sandwich – G  
Baked Chips – G  
Carrot Sticks – G  
Grapefruit Wedges w/ Grapes – G

### Thursday

Warm Tamales – S

6

Meatballs in Marinara Sauce – G  
Rotini Pasta – G  
Warm Bread Sticks – G  
California Blend – G  
Seasonal Fresh Fruit – G

Pig In A Blanket – G

13

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

Pig In Blanket – G

20

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

Warm Tamales – S

27

Bean/Cheese Enchiladas – S  
Charro Beans – G  
Seasonal Fresh Fruit – G

### Friday

Whole Grain Toast – S  
Brkft. Chicken Patty – G

7

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

Assorted Cereal – G  
Valentine's Grahams – G

14

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

French Toast Sticks – G  
Breakfast Chicken Patty – G

21

Steak Fingers – S  
Warm Dinner Roll – G  
Monterrey Veggie Blend – G  
Peach Halves – G

Pancakes, Syrup – G

28

Cheese Pizza – G  
Steamed Broccoli – G  
Chilled Peaches – G

## DID YOU KNOW?

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.