

FEBRUARY 2020

Weslaco Independent School District Rico Elementary 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 or
Cheese Pizza – G
Seasoned Corn Kernels – G
Monterrey Veggie Blend – G
Strawberry Applesauce – G or
Seasonal Fresh Fruit – G

Banana Mini Loaf – G
Brkft. Sausage Patty – G

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Chicken Nuggets – G
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Steamed Broccoli – G
Lemon Glazed Carrots – G
Cinnamon Apple Slices – G or
Seasonal Fresh Fruit – G

Apple Cinnamon Muffin – G
Breakfast Sausage Patty – G

24

Warm Chicken Fajitas – G
Warm Wheat Tortilla – G
Mexican Rice – G or
Pepperoni Pizza – G
Calabacita Corn Medley – G
Seasoned Pinto Beans – G
Fruit Cocktail or Fresh Fruit – G

Tuesday

Assorted Cereal – G
Chocolate Elf Grahams – G

4

Baked Popcorn Chicken – G
Warm Dinner Roll – G or
Pepperoni Pizza – G
Seasoned Carrots – G
Lemon/Pepper Broccoli – G
Pineapple Chunks – G or
Seasonal Fresh Fruit – G

Blueberry Pancake On A Stick – G

11

Mesquite Glazed
Baked Chicken – G
Warm Dinner Roll – G
Lemon/Pepper Broccoli – G
Honey Carrot Coins – G
Pear Halves – G or
Seasonal Fresh Fruit – G

Pancake On A Stick – G

18

Crispy Tacos – G
Shredded Cheese Garnish – G
Sopa de Coditos – G
Steamed Broccoli – G
Lettuce/Tomato Bits – G
Diced Apples w/ Mulberries – G
or Seasonal Fresh Fruit – G

Pig In A Blanket – G

25

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

Wednesday

Sunbutter/Jelly Uncrustable – G

5

Turkey Hot Dog – G or
BBQ Rib Sandwich – G
Tater Tots – G
Veggie Sticks – G
Grapefruit Wedges
w/ Grapes – G or
Seasonal Fresh Fruit – G

Warm Empanada – G

12

Charbroiled Hamburger – G or
Grilled Chicken on Kaiser Bun – G
Seasoned Curly Fries – G
Veggie Sticks – G
Grapes & Berries
Fruit Medley – G or
Seasonal Fresh Fruit – G

Cinnamon Toast Crunch Bar – G

19

Turkey Hot Dog – G
Turkey/Cheese Sub. – G
Crinkle Cut Fries – G
Seasoned Pinto Beans – G
Sliced Pears – G or
Seasonal Fresh Fruit – G

Assorted Cereal – G
Assorted Graham Crackers – G

26

Grilled Cheese Sandwich – G
Baked Chips – G or
Chicken Nuggets – G
Sliced Wheat Bread – G
Carrot Sticks – G
Cucumber Slices – G
Grapefruit Wedges
w/ Grapes – G or Fresh Fruit – G

Thursday

Warm Tamales – S

6

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

Pig In A Blanket – G

13

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

Pig In Blanket – G

20

Meaty Chalupas – G
Shredded Cheese Garnish – G
Lettuce/Tomato Bits – G
Smashed Beans – G
Sunshine Fruit Salad – S or
Seasonal Fresh Fruit – G

Warm Tamales – S

27

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

Friday

Cinnamon Whole Grain Toast – S
Brkft. Chicken Patty – G

7

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

Assorted Cereal – G
Valentine's Grahams – G

14

Baked Chicken Strips – G
Sliced Wheat Bread – G or
Pepperoni Pizza – G
Tossed Salad – G
Fresh Cucumber Slices – G
Pineapple Chunks w/ Fresh
Strawberries or Fresh Fruit – G

French Toast Sticks – G
Breakfast Chicken Patty – G

21

Steak Fingers – S
Warm Dinner Roll – G or
Pepperoni Pizza – G
Monterrey Veggie Blend – G
Garden Salad – G
Low Fat Dressing – G
Peach Halves – G or
Seasonal Fresh Fruit – G

Mini Pancakes – G

28

Chicken Parmesan – S
Garlic Toast – S or
Cheese Pizza – G
Steamed Broccoli – G
Seasoned Carrot Coins – G
Chilled Peaches – G or
Seasonal Fresh Fruit – 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.