

FEBRUARY 2020

Weslaco Independent School District Middle School 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

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Weather Day

Blueberry Muffin – G
Breakfast Sausage Patty – G

10

Teriyaki Boneless Wings – G
Spicy Brd. Chicken on Kaiser Bun – S
Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Chicken Strip Salad w/
WG Crackers – G
Daily Choice of Vegetables – G
Chilled Peaches or Fresh Fruit - G

Banana Mini Loaf – G
Brkft. Sausage Patty – G

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Chicken Parmesan – S
Spicy Brd. Chicken on Kaiser Bun – S
Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Chicken Strip Salad w/
WG Crackers – G
Daily Choice of Vegetables – G
Cinnamon Apple Slices – G or
Seasonal Fresh Fruit - G

Apple Cinnamon Muffin – G
Breakfast Sausage Patty – G

24

Country Steak – S
Spicy Brd. Chicken on Kaiser Bun – S
Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Chicken Strip Salad w/
WG Crackers – G
Daily Choice of Vegetables – G
Fruit Cocktail, Fresh Fruit - G

Tuesday

4

Assorted Cereal – G
Chocolate Elf Grahams – G

Nacho Deluxe – S
Cheeseburger – S
Multi-Cheese French Bread Pizza – G
Lemon/Pepper Tuna Salad Panini - G
Chef Salad – G
Daily Choice of Vegetables – G
Diced Peaches – G or
Seasonal Fresh Fruit - G

Warm Concha – G
Breakfast Chicken Patty – G

11

Meaty Chalupas – G
Cheeseburger – S
Multi-Cheese French Bread Pizza – G
Lemon/Pepper Tuna Salad Panini – G
Spicy Cobb Salad – G
Daily Choice of Vegetables – G
Pineapple Chunks w/ Fresh
Strawberries or Fresh Fruit - G

Pancake On A Stick – G

18

Crispy Chicken Tacos – G
Cheeseburger – S
Multi-Cheese French Bread Pizza – G
Lemon/Pepper Tuna Salad Panini – G
Spicy Cobb Salad – G
Daily Choice of Vegetables – G
Fruit Cocktail – G or
Seasonal Fresh Fruit - G

Pig In A Blanket – G
Chocolate Elf Grahams – G

25

Nacho Deluxe – S
Cheeseburger – S
Multi-Cheese French Bread Pizza – G
Lemon/Tuna Salad Panini – G
Chef Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Diced Peaches – G or
Seasonal Fresh Fruit - G

Wednesday

5

Sunbutter/Jelly Uncrustable – G

Spaghetti w/ Meatballs – G
Breaded Chicken on Bun – G
Personal Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Tuna Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Grapefruit Wedges w/ Grapes – G
or Seasonal Fresh Fruit - G

Warm Empanada – G
Low Fat Assorted Yogurt - G

12

Italian Pasta Bake – S
Sliced Beef Hoagie – G
Personal Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Tuna Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Grapes & Berries Medley – G or
Seasonal Fresh Fruit - G

Cinnamon Toast Crunch Bar – G
Creamy Yogurt – G

19

Glazed BBQ Chicken Drumstick – G
Meatball Sub. w/ Marinara Sauce – G
Personal Pepperoni Pizza – G
Turkey & Cheese Croissant – G
Tuna Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Pear Halves – G or
Seasonal Fresh Fruit - G

Assorted Cereal – G
Assorted Grahams Crackers – G

26

Spaghetti w/ Meatballs – G
Fish Burger – S
Cheese Pizza – G
Turkey & Cheese Croissant – G
Tuna Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Sunshine Fruit Salad – S or
Seasonal Fresh Fruit - G

Thursday

6

Warm Tamales – S

Beef/Cheese Enchiladas – S
BBQ Pulled Pork on Kaiser Bun – G
Jalapeno Pizza Wedge – G
Chicken & Fruit Salad
Croissant – G
Spicy Cobb Salad – G
Daily Choice of Vegetables – G
Pineapple Chunks or Fresh Fruit - G

Pig In A Blanket – G
Chocolate Elf Grahams – G

13

Pork Carnitas – G
Spicy Popcorn Chicken – G
Jalapeno Pizza Wedge – G
Chicken & Fruit Salad
Croissant – G
Chef Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Mandarin Oranges, Fresh Fruit - G

Pig In Blanket – G
Chocolate Elf Grahams – G

20

Bean/Cheese Burrito – G
Spicy Popcorn Chicken – G
Jalapeno Pizza Wedge – G
Chicken & Fruit Salad
Croissant – G
Chef Salad w/ WG Crackers – G
Daily Choice of Vegetables – G
Mandarin Oranges – G
Seasonal Fresh Fruit - G

Warm Tamales – S

27

Beef/Cheese Enchiladas – S
BBQ Pulled Pork on Kaiser Bun – G
Jalapeno Pizza Wedge – G
Chicken & Fruit Salad
Croissant – G
Spicy Cobb Salad – G
Daily Choice of Vegetables – G
Pineapple Chunks, Fresh Fruit - G

Friday

7

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

Breaded Chicken Chunks – G
Honey BBQ Rib Sandwich – G
Pepperoni Pizza – G
Club Sandwich – G
Market Fresh Salad w/
Pretzel Bites – G
Daily Choice of Vegetables – G
Chilled Pears or Fresh Fruit – G

Blueberry Pancake On A Stick – G

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Breaded Chicken Drumsticks – G
Honey BBQ Rib Sandwich – G
Pepperoni Pizza – G
Club Sandwich – G
Market Fresh Salad w/
Pretzel Bites – G
Daily Choice of Vegetables – G
Fruit Cocktail – G
Seasonal Fresh Fruit - G

French Toast Sticks – G
Breakfast Chicken Patty – G

21

Country Steak – S
Turkey Hot Dog – G
Pepperoni Pizza – G
Club Sandwich – G
Market Fresh Salad w/
Pretzel Bites – G
Daily Choice of Vegetables – G
Peach Slices, Fresh Fruit - G

Mini Pancakes, Syrup – G

28

Breaded Chicken Chunks – G
Fish Burger – S
Cheese Pizza – G
Tuna Salad Sandwich – G
Market Fresh Salad w/
Pretzel Bites – G
Daily Choice of Vegetables – G
Chilled Pears, 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.