

Weslaco High School  
Weslaco East High School  
South Palm Gardens  
Lunch Menu  
2019 -2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Glazed BBQ Chicken Drumsticks</b></p> <p>Warm Dinner Rolls Ranch Style Beans Seasoned Green Beans</p>	<p><b>Country Steak Fingers Peppered Gravy</b></p> <p>Garlic Toast Spicy Carrots Whipped Potatoes</p>	<p><b>Bean/Cheese Burrito</b></p> <p>Veggie Sticks Garden Salad</p> <p>Low Fat Dressing</p>	<p><b>Breaded Chicken Drumsticks</b></p> <p>Macaroni &amp; Cheese Roasted Corn Cheesy Broccoli</p>	<p><b>Teriyaki Boneless Wings</b></p> <p>Oriental Rice Honey Carrot Coins Veggie Egg Roll</p>
<p><b>Sliced Beef Hoagie w/ Cheese</b></p> <p style="text-align: center;">Or</p> <p><b>Cheeseburger on Kaiser Bun</b></p> <p>Ranch Style Beans Cilantro Salad <b>Baked Potato Chip</b></p>	<p><b>Spicy Chicken Nuggets Sliced Wheat Bread</b></p> <p style="text-align: center;">Or</p> <p><b>Breaded Chicken On Whole Grain Bun</b></p> <p>Carrot Sticks Seasoned Curly Fries</p>	<p><b>Cheeseburger</b></p> <p style="text-align: center;">Or</p> <p><b>Spicy Breaded Chicken On Kaiser Bun</b></p> <p>Veggie Sticks Garden Salad Low Fat Dressing <b>Salsa Sun Chip</b></p>	<p><b>BBQ Pulled Pork On Kaiser Bun</b></p> <p style="text-align: center;">Or</p> <p><b>Breaded Chicken On Whole Grain Bun</b></p> <p>Seasoned Steak Fries Fresh Broccoli Florets</p>	<p><b>Cheeseburger</b></p> <p style="text-align: center;">Or</p> <p><b>BBQ Riblet on Warm Sub. Roll</b></p> <p>Carrot Sticks Vegetable Medley <b>Baked Potato Chip</b></p>
<p><b>Chalupas – Taco Meat</b></p> <p>Spanish Rice</p> <p>Smashed Beans Cilantro Salad</p> <p>Shredded Cheese</p>	<p><b>Beef Picadillo</b></p> <p>Wheat Tortillas x 2</p> <p>Spicy Carrots Seasoned Corn</p>	<p><b>Enchiladas Suizas</b></p> <p>Cilantro Lime Rice</p> <p>California Blend Garden Salad</p> <p>Low Fat Dressing</p>	<p><b>Pork Carnitas Warm Corn Tortillas</b></p> <p><b>Shredded Cheese</b> Sopa de Fideo</p> <p>Roasted Corn Cheesy Broccoli</p>	<p><b>Nacho Deluxe</b></p> <p>Spanish Rice</p> <p>Honey Carrot Coins Lettuce/Tomato Bits</p> <p>Cheese Sauce</p>
<p><b>Spaghetti w/ Meatballs Warm Breadsticks</b></p> <p style="text-align: center;">Or</p> <p><b>Pepperoni Pizza Wedge</b></p> <p>Ranch Style Beans Seasoned Green Beans</p>	<p><b>Italian Pasta Bake</b></p> <p>Garlic Toast</p> <p style="text-align: center;">Or</p> <p><b>Pepperoni Pan Pizza</b></p> <p>Carrot Sticks Seasoned Corn</p>	<p><b>Chicken Parmesan Seasoned Noodles</b></p> <p>Garlic Toast</p> <p style="text-align: center;">Or</p> <p><b>Pepperoni Pizza Wedge</b></p> <p>California Blend Garden Salad Low Fat Dressing</p>	<p><b>Pepperoni Pan Pizza</b></p> <p style="text-align: center;">Or</p> <p><b>Jalapeño Pizza Wedge</b></p> <p>Roasted Corn Cheesy Broccoli</p>	<p><b>Beef &amp; Cheese Lasagna</b></p> <p>Garlic Toasts</p> <p style="text-align: center;">Or</p> <p><b>Cheese Pizza Square</b></p> <p>Honey Carrot Coins Lettuce/Tomato Salad Low Fat Dressing</p>
<p><b>Ham &amp; Cheese Croissant</b></p> <p>Baked Potato Chips</p> <p>Ranch Style Beans Cucumber Slices</p>	<p><b>Lemon/Pepper Tuna Salad Panini</b></p> <p>Carrot Sticks Seasoned Curly Fries</p>	<p><b>Turkey &amp; Cheese Ciabatta Sandwich</b></p> <p><b>Salsa Sun Chip</b></p> <p>Veggie Sticks Garden Salad Low Fat Dressing</p>	<p><b>Chicken &amp; Fruit Salad Croissant</b></p> <p>Seasoned Steak Fries Fresh Broccoli Florets</p>	<p><b>Panther/Wildcat Club Sandwich</b></p> <p>Baked Potato Chips</p> <p>Carrot Sticks Hamburger Salad</p>
<p><b>Spicy Cobb Salad</b></p> <p>Tostitos Rounds</p>	<p><b>Chef Salad</b></p> <p>Pasta Salad/ WG Saltine Crackers</p>	<p><b>Southwest Taco Salad</b></p> <p>WG Fritos</p>	<p><b>Jalapeño Tuna Salad</b></p> <p>Tostitos Rounds <b>Pasta Salad</b></p>	<p><b>Market Fresh Salad</b></p> <p><b>Fiesta Black Beans</b></p> <p><b>Warm Pretzel Nuggets x 4</b></p>
<p><b>Chilled Peaches</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Chilled Pineapple</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Fruit Cocktail</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Chilled Pears</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Fruit Cup</b></p> <p>Seasonal Fresh Fruit</p>
<p>Choice of Low Fat or Skim Milk Offered Daily</p>	<p>Choice of Low Fat or Skim Milk Offered Daily</p>	<p>Choice of Low Fat or Skim Milk Offered Daily</p>	<p>Choice of Low Fat or Skim Milk Offered Daily</p>	<p>Choice of Low Fat or Skim Milk Offered Daily</p>

*This institution is an equal opportunity provider. Menu subject to change due to food availability, deliveries, etc...*

Revised 08/13/2019