

# 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

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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

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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

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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

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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

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Spaghetti w/ Meatballs – G  
Breaded Chicken on Bun – G  
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

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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

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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

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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

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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

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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

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Breaded Chicken Chunks – G  
Honey BBQ Rib Sandwich – G  
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.