

# FEBRUARY 2020

## Weslaco Independent School District 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 1/2 cup of fruit or 1/2 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.

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs). Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.octio.usda.gov/document/ad3027>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discrimination. To get sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (866) 264-6665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

### 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

Tuna Salad 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.