

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Sunbutter Uncrustable - G Lemon Raisels - G Orange Juice - G Assorted Milk - G	2 Assorted Cereal - G Spring Grahams - G Orange Raisels - G Orange Juice - G Assorted Milk - G
3 Mini Pancakes - G Cherry Craisins - G Orange Juice - G Assorted Milk - G	4 Banana Mini Loaf - G Breakfast Sausage Patty - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	5 Banana Bread Slice - G Fresh Grapes - G Orange Juice - G Assorted Milk - G	6 French Toast Sticks - G Brkft. Chicken Patty - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	7 Tamales - S Fresh Apple Slices - G Orange Juice - G Assorted Milk - G	8 Pop-Tart - S Watermelon Craisins - G Orange Juice - G Assorted Milk - G	9 Assorted Cereal - G Bug Bite Grahams - G Cherry Craisins - G Orange Juice - G Assorted Milk - G
10 Mini Waffles - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G	11 Assorted Cereal - G Elf Grahams - G Lemon Raisels - G Apple Juice - G Assorted Milk - G	12 Blueberry Muffin - G Breakfast Chicken Patty - G Fresh Grapes - G Orange Juice - G Assorted Milk - G	13 Pancake, Syrup - G Breakfast Sausage Patty - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	14 Sunbutter Uncrustable - G Fresh Apple Slices - G Orange Juice - G Assorted Milk - G	15 Ultimate Granola Round - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G	16 Fruit Loop Pouch - G Low Fat Yogurt - G Orange Raisels - G Orange Juice - G Assorted Milk - G
17 Assorted Cereal - G Assorted Grahams - G Cherry Craisins - G Orange Juice - G Assorted Milk - G	18 Concha - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	19 French Toast Sticks - G Breakfast Chicken Patty - G Fresh Grapes - G Orange Juice - G Assorted Milk - G	20 Tamales - S Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	21 Banana Bread Slice - G Apple Slices - G Orange Juice - G Assorted Milk - G	22 Pop-Tart - S Lemon Raisels - G Orange Juice - G Assorted Milk - G	23 Assorted Cereal - G Bug Bite Grahams - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G
24 Fruit Loop Pouch - G Low Fat Yogurt - G Orange Raisels - G Assorted Milk - G	25 Pancake on A Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	26 Apple Cinnamon Muffin - G Breakfast Chicken Patty - G Fresh Grapes - G Orange Juice - G Assorted Milk - G	27 Blueberry Mini Loaf - G Cheese Stick - G Apple Slices - G Seasonal Fresh Fruit - G Assorted Milk - G	28 Work Day	29	30
31						



Plums

Choices of Low Fat or Skim Milk (flavored and unflavored) offered daily

100% Fruit Juice and Fruit offered Daily for Breakfast

To make a complete meal students must take all meal components

(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.

This institution is an equal opportunity provider.

Menu subject to change due to deliveries, etc...

MAY 2021

Weslaco Independent School District Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Turkey/Cheese Hoagie - G Sweet Potato Sticks - G Broccoli Florets - G Cherry Craisins - G	2 Popcorn Chicken - G Sliced Wheat Bread - G Cucumber Slices - G Veggie Sticks - G Seasonal Fresh Fruit - G
3 Chicken Parmesan - S Seasoned Pasta - G Lemon/Pepper Broccoli - G Honey Carrot Coins - G Seasonal Fresh Fruit - G	4 Cheese Pizza - G California Blend - G Seasoned Corn - G Chilled Canned Fruit - G	5 Crispy Tacos - G Cheese Garnish - G Charro Beans - G Lettuce/Tomato Bits - G Seasonal Fresh Fruit - G	6 Chicken Guisado - G Warm Corn Tortillas - G Ranch Style Beans - G Calabacita Corn Medley - G Chilled Canned Fruit - G	7 Cheeseburger - S Seasoned Steak Fries - G Baby Carrots - G Seasonal Fresh Fruit - G	8 Turkey Hot Dog - G Cherry Tomatoes - G Broccoli Florets - G Orange Raisels - G	9 Chicken Nuggets - G Sliced Wheat Bread - G Veggie Sticks - G Cucumber Slices - G Seasonal Fresh Fruit - G
10 Chicken Strips - G Sliced Wheat Bread - G Whipped Potatoes - G Seasoned Greenbeans - G Seasonal Fresh Fruit - G	11 Spaghetti w/Meatsauce - G Warm Bread Stick - G Lemon/Pepper Broccoli - G Seasoned Carrots - G Chilled Canned Fruit - G	12 BBQ Baked Chicken - G Sliced Wheat Bread - G Roasted Potatoes - G California Blend w/ Cheese Sauce - S Seasonal Fresh Fruit - G	13 Beef Chalupas - G Shredded Cheese - G Smashed Beans - G Lettuce/Tomato Bits - G Chilled Canned Fruit - G	14 Chicken On A Bun - G Seasoned Curly Fries - G Rainbow Carrots - G Seasonal Fresh Fruit - G	15 Turkey/Cheese Hoagie - G Sweet Potato Sticks - G Cherry Tomatoes - G Lemon Raisels - G	16 Cheese Pizza - G Veggie Sticks - G Broccoli Florets - G Seasonal Fresh Fruit - G
17 Chicken Fajitas - G Warm Corn Tortillas - G Ranch Style Beans - G Calabacita Corn Medley - G Seasonal Fresh Fruit - G	18 Boneless Wings - G Sliced Wheat Bread - G California Blend w/ Cheese Sauce - S Roasted Potatoes - G Chilled Canned Fruit - G	19 Chicken on Bun - G Seasoned Curly Fries - G Cucumber Slices - G Seasonal Fresh Fruit - G	20 Nacho Deluxe - S Cheese Sauce - G Charro Beans - G Lettuce/Tomato Bits - G Chilled Canned Fruit - G	21 Pepperoni Pizza - G Sweet Potato Sticks - G Fresh Broccoli Florets - G Seasonal Fresh Fruit - G	22 Turkey/Cheese Hoagie - G Carrot Sticks - G Celery Sticks - G Watermelon Craisins - G	23 Turkey Hot Dog - G Veggie Sticks - G Cucumber Slices - G Seasonal Fresh Fruit - G
24 Cheese Pizza - G Seasoned Carrots - G Monterrey Veggie Blend - G Seasonal Fresh Fruit - G	25 Cheeseburger - S Seasoned Curly Fries - G Veggie Sticks - G Chilled Canned Fruit - G	26 Crispy Tacos - G Shredded Cheese - G Charro Beans - G Lettuce/Tomato Bits - G Seasonal Fresh Fruit - G	27 Chicken Guisado - G Warm Corn Tortillas - G Ranch Style Beans - G Ranchero Greenbeans - G Chilled Canned Fruit - G	28 Work Day	29	30
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