

June 2021

Weslaco Independent School District Breakfast Menu



Melons

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...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Assorted Cereal - G Chocolate Elf Grahams - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G (on-site only)	2 Blueberry Muffin - G Cheese Stick - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G	3 Pancake - G Sausage Patty - G Syrup - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	4 Mookie Grahams - G Low Fat Yogurt - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G (send out Thursday)	5 Sunbutter Uncrustable - G Lemon Raisels - G Orange Juice - G Assorted Milk - G (send out Thursday)	6 PopTarts - S Cherry Craisins - G Orange Juice - G Assorted Milk - G (send out Thursday)
7 Pancake, Syrup - G Brkft. Chicken Patty - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G (on-site only)	8 Banana Mini Loaf - G Cheese Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	9 Ultimate Granola Round - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G	10 Pancake On A Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	11 Cinnamon Apple Muffin - G Breakfast Sausage Patty - G Orange Juice - G Seasonal Fresh Fruit - G Assorted Milk - G (send out Thursday)	12 Fruit Loop Pouch - G Low Fat Yogurt - G Orange Raisels - G Orange Juice - G Assorted Milk - G (send out Thursday)	13 Sunbutter Uncrustable - G Cherry Craisins - G Orange Juice - G Assorted Milk - G (send out Thursday)
14 Mini Waffles - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G (on-site only)	15 Blueberry Muffin - G Cheese Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	16 Assorted Cereal - G Chocolate Elf Grahams - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G	17 Pancake - G Sausage Patty - G Syrup - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	18 Granola Pouch - G Low Fat Yogurt - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G (send out Thursday)	19 Sunbutter Uncrustable - G Lemon Raisels - G Orange Juice - G Assorted Milk - G (send out Thursday)	20 PopTarts - S Cherry Craisins - G Orange Juice - G Assorted Milk - G (send out Thursday)
21 French Toast Sticks - G Brkft. Chicken Patty - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G (on-site only)	22 Banana Mini Loaf - G Cheese Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	23 Ultimate Granola Round - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G	24 Pancake On A Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	25 Cinnamon Apple Muffin - G Breakfast Sausage Patty - G Orange Juice - G Seasonal Fresh Fruit - G Assorted Milk - G (send out Thursday)	26 Fruit Loop Pouch - G Low Fat Yogurt - G Orange Raisels - G Orange Juice - G Assorted Milk - G (send out Thursday)	27 Sunbutter Uncrustable - G Cherry Craisins - G Orange Juice - G Assorted Milk - G (send out Thursday)
28 Mini Waffles - G Watermelon Craisins - G Orange Juice - G Assorted Milk - G (on-site only)	29 Blueberry Muffin - G Cheese Stick - G Seasonal Fresh Fruit - G Apple Juice - G Assorted Milk - G	30 Assorted Cereal - G Chocolate Elf Grahams - G Seasonal Fresh Fruit - G Orange Juice - G Assorted Milk - G				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheese Pizza - G Seasoned Greenbeans - G Honey Carrots Coins - G Seasonal Fresh Fruit - G	2 Nacho Deluxe - S Cheese Sauce - G Seasoned Beans - G Calabacita Corn Medley - G Seasonal Fresh Fruit - G	3 Boneless Wings - G Sliced Wheat Bread - G Seasoned Curly Fries - G Baby Carrots - G Seasonal Fresh Fruit - G	4 Bean/Cheese Burrito - G Broccoli Florets - G Veggie Sticks - G Orange Raisels - G (send out on Thursday)
7 Chicken Strips - G Sliced Wheat Bread - G Whipped Potatoes - G Seasoned Greenbeans - G Seasonal Fresh Fruit - G	8 Cheeseburger - S Ranch Style Beans - G Veggie Sticks - G Seasonal Fresh Fruit - G	9 Chicken Parmesan - S Seasoned Noodles - G Lemon/Pepper Broccoli - G Seasoned Carrots - G Seasonal Fresh Fruit - G	10 Turkey/Cheese Sandwich - G Rainbow Carrots - G Sweet Potato Sticks - G Seasonal Fresh Fruit - G	11 Bean/Cheese Burrito - G Baby Carrots - G Cucumber Slices - G Lemon Raisels - G (send out on Thursday)
14 Chicken Fajitas - G Wheat Tortillas x 2 - G Lemon/Pepper Broccoli - G Mexicali Corn - G Seasonal Fresh Fruit - G	15 Cheese Pizza - G Veggie Sticks - G Cucumber Slices - G Seasonal Fresh Fruit - G	16 Nacho Deluxe - S Cheese Sauce - G Seasoned Beans - G Calabacita Corn Medley - G Seasonal Fresh Fruit - G	17 Popcorn Chicken - G Sliced Wheat Bread - G Celery Sticks - G Baby Carrots - G Seasonal Fresh Fruit - G	18 Grilled Cheese Sandwich - G Broccoli Florets - G Rainbow Carrots - G Orange Raisels - G (send out on Thursday)
21 Chicken Strips - G Sliced Wheat Bread - G Whipped Potatoes - G Seasoned Greenbeans - G Seasonal Fresh Fruit - G	22 Cheeseburger - S Carrot Sticks - G Cucumber Slices - G Seasonal Fresh Fruit - G	23 BBQ Baked Chicken - G Warm Dinner Roll - G Steamed Broccoli w/ Cheese Sauce - S Ranch Style Beans - G Seasonal Fresh Fruit - G	24 Turkey/Cheese Sandwich - G Rainbow Carrots - G Sweet Potato Sticks - G Seasonal Fresh Fruit - G	25 Bean/Cheese Burrito - G Cucumber Slices - G Veggie Sticks - G Lemon Raisels - G (send out on Thursday)
28 Chicken Fajitas - G Wheat Tortillas x 2 - G Lemon/Pepper Broccoli - G Honey Carrot Coins - G Seasonal Fresh Fruit - G	29 Cheese Pizza - G Carrot Sticks - G Cucumber Slices - G Seasonal Fresh Fruit - G	30 Nacho Deluxe - S Cheese Sauce - G Seasoned Beans - G Mexicali Corn - G Seasonal Fresh Fruit - G		