

DECEMBER 2017

Weslaco Independent School District Airport, Gonzalez, North Bridge and Roosevelt Elementary Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

4

Banana Muffin – G
Sausage Patty – G

*Bean/Cheese Burrito – G
Seasoned Corn – G
*Monterrey Veggie Blend – G
*Mandarin Oranges – G or
Seasonal Fresh Fruit – G

5

Assorted Cereal – G
Elf Grahams – G

*Spaghetti w/Meatballs – G
*Warm Bread Sticks – G
*Lemon/Pepper Broccoli – G
Honey Carrot Coins – G
Pear Halves – G or
*Seasonal Fresh Fruit – G

6

Warm Sweet Bread – G
*Mini Banana Loaf – G

*Charbroiled Hamburger – G
*Seasoned Curly Fries – G
Veggie Sticks – G
*Fruit Cocktail – G or
Seasonal Fresh Fruit – G

7

Pig In A Blanket – G

*Nacho Deluxe – S
*Mexican Rice – G
Charro Beans – G
*Lettuce/Tomato Bits – G
Pineapple Tidbits – G or
*Seasonal Fresh Fruit – G
*Cheese Sauce – S

8

Mini Pancakes – G
*Pancake Slices, Syrup – G

*Pepperoni Pizza – G
Tossed Salad, LF Dressing – G
*Fresh Cucumbers – G
*Pineapple Chunks w/
Fresh Strawberries – G or
Seasonal Fresh Fruit – G

11

Mini Blueberry Loaf – G
Sausage Patty – G

*Lasagna Rolls w/ Marinara – S
*Warm Bread Stick – G
Steamed Broccoli – G
*Lemon Glazed Carrots – G
*Chilled Pears – G or
Seasonal Fresh Fruit – G

12

Pancake On A Stick – G

*Crispy Tacos – G
*Spanish Fideo – S
Charro Beans – G
*Lettuce/Tomato Bits – G
Pineapple Slices w/Cherry – G
or *Seasonal Fresh Fruit – G

13

Assorted Cereal – G
Elf Chocolate Grahams – G

*Grilled Chicken On
A Kaiser Bun – G
*Sweet Potato Waffle Fries – G
Fresh Broccoli Medley – G
*Diced Peaches – G or
Seasonal Fresh Fruit – G

14

Pig In A Blanket – G

*Turkey w/ Gravy – G
*Warm Dinner Roll – G
*Whipped Potatoes – G
Seasoned Green Beans – G
*Cinnamon Apple Slices – G
or Seasonal Fresh Fruit – G

15

Breakfast On A Bun – G

*Pepperoni Pizza – G
Garden Salad, LF Dressing – G
*California Blend – G
*Peach Halves – G or
Seasonal Fresh Fruit – G

18

Apple Muffin – G
Flavored Yogurt – G

*Seasoned Chicken Fajitas – G
*Mexican Rice – S
*Warm Wheat Tortillas – G
*Calabacita Corn Medley – G
Fiesta Black Beans – G
*Fruit Cocktail – G or
Seasonal Fresh Fruit – G

19

Tamales – S

*Baked BBQ Chicken – G
*Warm Dinner Roll – G
*Whipped Potatoes – G
Rancho Greenbeans – G
Pineapple Chunks w/
Fresh Strawberries – G or
*Seasonal Fresh Fruit – G

20

Assorted Cereal – G
Elf Cinnamon Grahams – G

*Cheese Pizza – G
Steamed Broccoli – G
*Seasoned Carrot Coins – G
*Chilled Peaches – G or
Seasonal Fresh Fruit – G

21

French Toast Sticks, Syrup – G
Breakfast Chicken Patty – G

*Charbroiled Hamburger – G
*Sweet Potatoes
Waffle Fries – G
Cucumber Slices – G
Mandarin Oranges – G or
*Seasonal Fresh Fruit – G

22

WORK DAY

25

26

27

28

29

Winter Break

December 25th 2017 to January 5th 2018



The Harvest of the month is Sweet Potatoes



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.

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(* Denotes: PreK-Menu