

May 2018

Weslaco Independent School District

Airport, Gonzalez, North Bridge and Roosevelt

Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

*Blueberry Pancake On A Stick - G **1**

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

*Breakfast Chicken Patty on Whole Grain Mini Bun - G **2**

*Hot Hoagie - G
*Sweet Potato Waffle Fries - G
Cucumber Slices - G
*Chilled Pears - G or
Seasonal Fresh Fruit - G

*Pig In A Blanket - G **3**

*Beef/Cheese Enchiladas - S
*Charro Beans - G
Tossed Salad - G
Grapefruit Wedges w/
Purple Grapes or
*Seasonal Fresh Fruit - G

*Assorted Cereal - G
*Spring Crackers - G **4**

*Meatball Sub. w/ Marinara - G
Steamed Broccoli - G
*Seasoned Carrot Coins - G
*Chilled Peaches - G or
Seasonal Fresh Fruit - G

Warm Sweet Bread - G
*Assorted Cereal/Grahams - G **7**

*Country Steak - S
*Sliced Wheat Bread - G
*Honey Carrot Coins - G
Lemon/Pepper Broccoli - G
*Pineapple Chunks - G or
Seasonal Fresh Fruit - G

*Assorted Cereal - G
*Spring Crackers - G **8**

*Chicken Fajitas - G
*Warm Corn Tortillas - G
*Charro Beans - G
Lettuce/Tomato Bits - G
Pear Halves - G or
*Seasonal Fresh Fruit - G

*Breakfast Sausage Bites - G
*Syrup - G **9**

*Turkey Hot Dog - G
*Tator Tots - G
Veggie Sticks - G
*Mandarin Oranges - G or
Seasonal Fresh Fruit - G

*Pancake On A Stick - G **10**

*Lasagna Roll Up - S
*Warm Bread Stick - G
California Blend - G
*Garden Salad - G
*Low Fat Dressing - G
Fruit Cocktail - G or
*Seasonal Fresh Fruit - G

*Apple Muffin - G
*Flavored Yogurt - G **11**

*Breaded Chicken Patty - G
*Macaroni & Cheese - S
Seasoned Green Beans - G
*Corn Kernels - G
*Grapefruit Wedges
w/ Grapes - G
or Seasonal Fresh Fruit - G

*Blueberry Muffin - G
*Sausage Patty - G **14**

*Bean/Cheese Burrito - G
Mexicali Corn - G
*Monterrey Veggie Blend - G
*Mandarin Oranges w/
Blueberries - G or
Seasonal Fresh Fruit - G

*Assorted Cereal - G
*Elf Grahams - G **15**

*Meatball w/ Marinara Sauce - G
*Whole Grain Rotini Pasta - G
*Warm Bread Stick - G
*Lemon/Pepper Broccoli - G
Honey Carrot Coins - G
Pear Halves - G or
*Seasonal Fresh Fruit - G

*Pig In A Blanket - G **16**

*Cheeseburger - S
*Seasoned Curly Fries - G
Veggie Sticks - G
*Fruit Cocktail - G or
Seasonal Fresh Fruit - G

*Pancake On A Stick - G **17**

*Nacho Deluxe - S
*Cheese Sauce Garnish - S
*Mexican Rice - S
Charro Beans - G
*Lettuce/Tomato Bits - G
Sliced Peaches - G or
*Seasonal Fresh Fruit - G

*French Toast Sticks, Syrup - G
*Flavored Yogurt - G **18**

*Pepperoni Pizza - G
*Fresh Cucumber Slices - G
Tossed Salad, LF Dressing - G
*Pineapple Chunks w/
Fresh Strawberries - G or
Seasonal Fresh Fruit - G

*Mini Banana Loaf - G
*Sausage Patty - G **21**

*Italian Pasta Bake - S
*Warm Bread Stick - G
Steamed Broccoli - G
*Lemon Glazed Carrots - G
*Chilled Fruit - G or
Seasonal Fresh Fruit - G

*Blueberry Pancake On A Stick - G **22**

*Crispy Tacos - G
*Spanish Fideo - S
Monterrey Veggie Blend - G
*Lettuce/Tomato Bits - G
Pineapple Slices w/
Cherries - G or
*Seasonal Fresh Fruit - G

*Grilled Cheese Sandwich - G **23**

*Turkey/Cheese Hoagie - G
*Crinkle Cut Fries - G
Carrot Sticks - G
*Sliced Pears - G or
Seasonal Fresh Fruit - G

*Pig In A Blanket - G **24**

*Meaty Chalupas - G
*Shredded Cheese Garnish - S
*Smashed Beans - G
Cilantro Salad - G
Sunshine Fruit Salad - S or
*Seasonal Fresh Fruit - G

*Assorted Cereal - G
*Elf Grahams - G **25**

*Country Steak Fingers - S
*Warm Dinner Roll - G
*California Blend - G
Garden Salad, LF Dressing - G
*Peach Halves - G or
Seasonal Fresh Fruit - G

28

Work Day

*Assorted Cereal - G
*Elf Grahams - G **29**

*Seasoned Chicken Fajitas - G
*Mexican Rice - S
*Corn Tortillas - G
*Calabacita Corn Medley - G
Charro Beans - G
Fruit Cocktail - G or
*Seasonal Fresh Fruit - G

*Breakfast Sausage Patty - G
*Syrup - G **30**

*Hot Hoagie - G
*Sweet Potato Waffle Fries - G
Cucumber Slices - G
*Chilled Pears - G or
Seasonal Fresh Fruit - G

*Pancake On A Stick - G **31**

*Beef/Cheese Enchiladas - S
*Charro Beans - G
Tossed Salad - G
Grapefruit Wedges w/
Purple Grapes or
*Seasonal Fresh Fruit - G

Harvest of the Month

The Harvest of the month is Corn



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.

This institution is an equal opportunity provider.

(*) Denotes: PreK-Menu

Did you know...

The birthstone of May, the emerald, symbolizes success and love.