

# September 2017

## Weslaco Independent School District Elementary Breakfast & Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

4

Staff Development Day

11

Apple Cinnamon Muffin - G  
Flavored Yogurt - G

\*Stuffed Shells w/Marinara - S  
\*Warm Bread Stick - G  
or Pepperoni Pizza - G  
Steamed Broccoli - G  
\*Lemon Glazed Carrots - G  
\*Cinnamon Apple Slices - S

18

Banana Bread Slice - G

\*Seasoned Chicken  
Fajitas - G  
\*Mexican Rice - S  
\*Warm Wheat Tortillas - S  
Or Pepperoni Pizza - G  
\*Calabacita Medley - G  
Fiesta Black Beans - G  
\*Fruit Cocktail - G

25

Mini Blueberry Loaf - G  
Sausage Patty - G

Baked Country Steak - S  
Sliced Wheat Bread - G or  
\*Pepperoni Pizza - G  
\*Seasoned Carrots - G  
Lemon/Pepper Broccoli - G  
\*Pineapple Chunks - G

5

Pancake On A Stick - G

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

12

Breakfast On A Bun - G

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

19

Assorted Cereal - G  
Mookie Grahams - G

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

26

Pancake On A Stick - G

\*Crispy Chicken Tacos - G  
\*Charro Beans - G  
Lettuce/Tomato Bits - G  
Pear Halves - G or  
\*Seasonal Fresh Fruit - G

6

Warm Empanada - G  
\*Assorted Cereal/Grahams - G

Charbroiled Hamburger - G or  
\*Grill Chicken on Kaiser Bun - G  
\*Seasoned Curly Fries - G  
Veggie Sticks - G  
\*Fruit Cocktail - G

13

Assorted Cereal - G  
Mookie Grahams - G

\*Turkey Hot Dog - G or  
Hot Hoagie Sub. - G  
\*Crinkle Cut Fries - G  
Fresh Broccoli Medley - G  
\*Sliced Pears - G

20

Wild Blueberry Muffin - G  
Sausage Patty - G

\*Chicken Nuggets - G  
\*Sliced Wheat Bread - G or  
Grilled Cheese Sandwich - G  
Sweet Potato Waffle Fries - G  
\*Cucumber Slices - G  
\*Pear Halves - G

27

Warm Empanada - G  
\*Assorted Cereal/Grahams - G

\*Turkey Hot Dog - G or  
Hot Hoagie Sub. - G  
\*Tator Tots - G  
Veggie Sticks - G  
\*Mandarin Oranges - G

7

Pig In A Blanket - G

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

14

Waffle Sticks, Syrup - G  
Brkft. Chicken Patty - G

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

21

Pig In A Blanket - G

\*Beef/Cheese Enchiladas - S  
\*Charro Beans - G  
Tossed Salad, LF Dressing - G  
Mandarin Oranges - G  
\*Seasonal Fresh Fruit - G

28

Pig In A Blanket - G

\*Italian Pasta Bake - S  
\*Warm Bread Stick - G  
California Blend - G  
\*Garden Salad, LF Dressing - G  
Fruit Cocktail - G or  
\*Seasonal Fresh Fruit - G

1

Mini Pancakes - G

\*Baked Popcorn Chicken - G  
\*Sliced Wheat Bread - G or  
Pepperoni Pizza - G  
Seasoned Green Beans - G  
\*Corn Kernels - G  
\*Sliced Peaches - G

8

Waffle Sticks, Syrup - G  
Brkft. Chicken Patty - G

Baked Chicken Strips - G  
Sliced Wheat Bread - G or  
\*Pepperoni Pizza - G  
Tossed Salad, LF Dressing - G  
\*Fresh Cucumber Slices - G  
\*Pineapple Chunks w/  
Fresh Strawberries - G

15

Tamales - S

Baked Steak Fingers - S  
Warm Dinner Roll - G or  
\*Pepperoni Pizza - G  
Garden Salad, LF Dressing - G  
\*California Blend - G  
\*Peach Halves - G

22

Mini Pancakes - G

Chicken Parmesan - S  
Garlic Toast - G or  
\*Cheese Pizza - G  
Steamed Broccoli - G  
\*Seasoned Carrot Coins - G  
\*Chilled Peaches - G

29

Waffle Sticks, Syrup - G  
Brkft. Chicken Patty - G

\*Baked Popcorn Chicken - G  
\*Sliced Wheat Bread - G or  
Pepperoni Pizza - G  
Seasoned Green Beans - G  
\*Corn Kernels - G  
\*Sliced Peaches - G

Harvest  
of the  
Month

The Harvest of  
the month is  
Peaches



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  
½ cup of fruit or  
½ 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: Pre-K Menu