

August 2024

Weslaco Independent School District Middle School Breakfast Menu



Fun Fact:
Bell Peppers were given the name “peppers” by Christopher Columbus and Spanish explorers who were looking for “peppercorn” to make black pepper.

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.

Choice of Low Fat, Skim Milk, or Unflavored Lactose Free Milk (flavored and unflavored) offered daily

To make a complete meal students must take ½ cup fruit or ½ cup vegetable

This institution is an equal opportunity provider.
Menu subject to change due to deliveries, etc...

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did you know?</p> <p>August is named after Augustus Caesar, founder and the first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar. In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius Caesar.</p>				
5	6	7	8	9
<p>— WELCOME —</p>				
17	13	14	15	16
<p>BACK TO SCHOOL</p>				
19	20	21	22	23
<p>Assorted Cereal Cup-G Sunshine Graham Crackers-G Orange Juice – S Seasonal Fresh Fruit – G Assorted Milk - G</p>	<p>Morning Sausage Roll – S Apple Juice – S Fresh Grapes – G Assorted Milk - G</p>	<p>Mini Blueberry Loaf – S Breakfast Sausage Patty-S Orange Juice – S Seasonal Fresh Fruit – G Assorted Milk - G</p>	<p>Pancake & Chicken Sandwich-S Syrup-W Apple Juice-S Fresh Apple Slices-G Assorted Milk-G</p>	<p>Warm Tamales – W Orange Juice – S Seasonal Fresh Fruit – G Assorted Milk - G</p>
26	27	28	29	30
<p>Blueberry Muffin Top-S Orange Juice-S Seasonal Fresh Fruit-G Assorted Milk-G</p>	<p>Poffitz Pancake Bites-S Syrup-W Apple Juice-S Fresh Grapes-G Assorted Milk-G</p>	<p>Breakfast Sausage Biscuit-S Jelly-W Orange Juice-S Seasonal Fresh Fruit-G Assorted Milk-G</p>	<p>Mini Waffles – S Syrup – W Apple Juice – S Fresh Apple Slices – G Assorted Milk - G</p>	<p>Warm Concha – S Orange Juice – S Seasonal Fresh Fruit – G Assorted Milk - G</p>

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Traditional Line/Cycle 1

Weeks of: 08/19/2024 – 08/23/2024

Chicken Parmesan – S
Seasoned Noodles-S
Garlic Toast – S
Seasoned
Greenbeans – S
Lettuce/
Tomato Bits - G

Teriyaki Boneless
Wings – S
Steamed Rice - S
Steamed Broccoli – S
Honey
Carrot Coins – S
Veggie Egg Roll - S

Beef/Cheese
Enchiladas - W
Cilantro Rice - S
Seasoned Pinto Beans – S
Garden Salad - G
Low Fat Dressing - S

Wings of Fire – S
Ranch Dipping Cup-S
Warm Dinner Roll – S
Seasoned Curly Fries– S
Tossed Salad – G
Low Fat Dressing - S

Nacho Deluxe – S
Cheese Sauce – S
Spanish Rice – S
Roasted Corn – S
Cucumber Slices - G

Traditional Line/Cycle 2

Weeks of: 08/26/2024 – 08/30/2024,

Spaghetti w/
Meatballs – S
Warm Breadstick-S
Seasoned
Greenbeans – S
Lettuce/
Tomato Bits – G
Low Fat Dressing- G

Beef/Cheese
Lasagna – S
Garlic Toast – S
Steamed Broccoli – S
Honey
Carrot Coins – S

Pulled Pork Tacos - S
Cilantro Rice - G
Seasoned Pinto Beans – S
Garden Salad - G
Low Fat Dressing - S

Hot & Spicy Chicken
Tenders – S
Ranch Dipping Cup-S
Warm Dinner Roll – S
Seasoned Curly Fries – S
Tossed Salad – G
Low Fat Dressing – S

Bean/Cheese
Burrito – S
Roasted Corn – S
Cucumber Slices - G

Grill Line

Spicy Chicken
On Kaiser Bun – S
Seasoned
Greenbeans – S
Lettuce/
Tomato Bits - G

Turkey Hot Dog
w/Chili - S
Baked Chips - S
Steamed Broccoli – S
Honey
Carrot Coins – S

Turkey/Cheese
Hoagie – S
Seasoned Pinto Beans – S
Garden Salad – G
Low Fat Dressing – S

Cheeseburger – S
Seasoned
Curly Fries – S
Tossed Salad – G
Low Fat Dressing - S

Panther/Wildcat
Club Sandwich – S
Sun Chips– S
Roasted Corn – S
Cucumber Slices - G

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Pizza Line

Nardone
Pepperoni Pizza – S
Seasoned
Greenbeans – S
Lettuce/
Tomato Bits - G

French Bread
Cheese Pizza – S
Marinara Cup-S
Steamed Broccoli – S
Honey
Carrot Coins - S

Big Daddy’s
Pepperoni Pizza – S
Seasoned Pinto Beans –
S
Garden Salad – G
Low Fat Dressing - S

Alpha Pepperoni
Pizza – S
Seasoned
Curly Fries – S
Tossed Salad – G
Low Fat Dressing - S

Big Daddy’s
Cheese Pizza – S
Roasted Corn – S
Cucumber
Slices - G

Deli Line

Chef Salad - S
Savory Crackers - G

Spicy Cobb Salad – S
Tostitos Rounds - S

Southwest
Taco Salad – S
Seasoned Pinto Beans - S

Jalapeno Tuna Salad-S
Pasta Salad-G
Tostito Rounds-S

Market Fresh
Salad-S
Savory Crackers-G

Fruit Choices

Chilled Peaches – S
Seasonal
Fresh Fruit - G

Chilled Mandarin
Oranges - S
Seasonal
Fresh Fruit - G

Chilled Pineapple - G
Seasonal
Fresh Fruit - G

Chilled Pear- S
Seasonal
Fresh Fruit - G

Chilled Fruit Cocktail - S
Seasonal
Fresh Fruit - G

