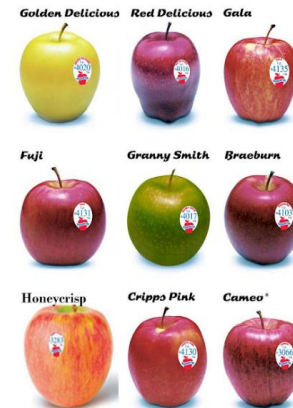


SEPTEMBER 2022

Weslaco Independent School District Lunch Menu – 6th - 12th Grade



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| Traditional/Café Ole Lunch Line | | | | |
| Picadillo - W Wheat Tortilla - S Cilantro Lime Rice - G Ranchero Greenbeans - G Tossed Salad - G Low Fat Dressing - G | Teriyaki Boneless Wings - S Egg Roll - S Steamed Broccoli - G Honey Carrot Coins - G | Beef/Cheese Enchiladas - W Seasoned Rice - G Charro Beans - G Garden Salad - G Low Fat Dressing - G | Breaded Chicken Drumstick - S Garlic Toast - S Baked Potato - G & Cheese Sauce - S California Blend - G | Crispy Tacos - G Shredded Cheese - G Sopa de Fideo - G Roasted Corn - G Lettuce/ Tomato Bits - G Pico de Gallo Garnish - G |
| Grill Lunch Line | | | | |
| Spicy Chicken On Kaiser Bun - S Ranchero Greenbeans - G Hamburger Salad - G | Cheddar Sloppy Joe - S Baked Chips - S Steamed Broccoli - G Honey Carrot Coins - G | Turkey/Cheese Hoagie - S Ranch Style Beans - G Hamburger Salad - G | Cheeseburger - S Seasoned Fries - S Veggie Sticks - G Low Fat Dressing - G | Club Sandwich - S Baked Chips - S Roasted Corn - G Hamburger Salad - G Cholula Hot Sauce - G |
| Italian Lunch Line | | | | |
| Pepperoni Pizza - S Ranchero Greenbeans - G Tossed Salad - G Low Fat Dressing - G | Spaghetti w/ Meatballs - G Warm Breadsticks - G Steamed Broccoli - G Honey Carrot Coins - G | Calzone - S Marinara Sauce - G Ranch Style Beans - G Garden Salad - G Low Fat Dressing - G | Chicken Parmesan - S Seasoned Noodles - G Garlic Toast - S California Blend - G Veggie Sticks - G Low Fat Dressing - G | Cheese Pizza - S Roasted Corn - G Lettuce/ Tomato Bits - G |



Choice of Low Fat or Skim Milk
(flavored and unflavored)
offered daily

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

(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.

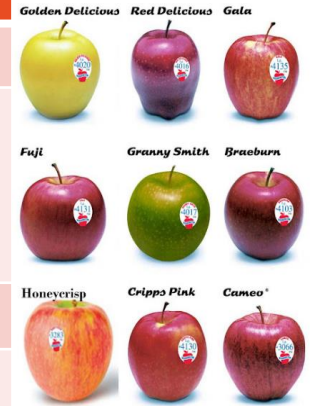
This institution is an
equal opportunity provider.
Menu subject to change
due to deliveries, etc...

SEPTEMBER 2022

Weslaco Independent School District Lunch Menu – 6th - 12th Grade



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Deli Lunch Line | | | | |
| Jalapeno Tuna Salad - G Tostitos Scoops - S Pasta Salad - G | Southwest Taco Salad - S Corn Chips - S | Spicy Cobb Salad - S Tostitos Round Chips - S | Chef Salad - G Savory Crackers - G | Market Fresh Salad - G Pretzel Rods - G |
| Fruit Choices | | | | |
| Pineapple Rings - G Seasonal Fresh Fruit - G | Fruit Cup - S Seasonal Fresh Fruit - G | Mandarin Oranges - S Seasonal Fresh Fruit - G | Fruit Cup - S Seasonal Fresh Fruit - G | Pear Halves - G Seasonal Fresh Fruit - G |
| Milk Choices | | | | |
| 1% White Milk - G Chocolate Milk - G Strawberry Milk - G Skim White Milk - G | 1% White Milk - G Chocolate Milk - G Strawberry Milk - G Skim White Milk - G | 1% White Milk - G Chocolate Milk - G Strawberry Milk - G Skim White Milk - G | 1% White Milk - G Chocolate Milk - G Strawberry Milk - G Skim White Milk - G | 1% White Milk - G Chocolate Milk - G Strawberry Milk - G Skim White Milk - G |



Choice of Low Fat or Skim Milk (flavored and unflavored) offered daily

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

(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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