






Always Innovating

South Texas ISD

RIO GRANDE VALLEY | GRADES 6-12

BREAKFAST

NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 2					1 Breakfast Pizza Cereal Fresh Fruit Orange Juice Milk Choice	<u>BREAKFAST MEAL</u> PRICES: STUDENTS FREE!!!! A LA CARTE ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 <u>MILK CHOICES:</u> 1% Low Fat Milk Fat Free Chocolate Milk STISD Child Nutrition Dept. (956)514-4230 <u>Menu subject to change without notice</u>
WEEK 1	4 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	5 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	6 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	7 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	8 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	
WEEK 2	11 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	12 Kolache-Sausage & Cheese Honey Bun Fresh fruit Orange Juice Milk Choice	13 Pancake on a Stick Pop Tarts Fresh Fruit Orange Juice Milk Choice	14 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	PROFESSIONAL DEVELOPMENT NO SCHOOL	
WEEK 1	18 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	19 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	20 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	21 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	22 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	
WEEK 2						




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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 3					1 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	BREAKFAST MEAL PRICES: STUDENTS FREE!!!! A LA CARTE ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk STISD Child Nutrition Dept. (956)514-4230 Menu subject to change without notice
WEEK 1	4 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	5 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	6 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	7 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	8 Fish Tacos Corn Baby Carrots Fresh Fruit Milk Choice	
WEEK 2	11 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	12 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	13 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	14 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	PROFESSIONAL DEVELOPMENT NO SCHOOL	
WEEK 3	18 Breaded Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	19 Cheeseburger Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	20 Burrito Bowl Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	21 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	22 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	
WEEK 1						

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PIZZA & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
W E E K 3					1 Personal Pizza Corn Dogs Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	BREAKFAST MEAL PRICES: STUDENTS FREE!!!! A LA CARTE ENTREE \$2.00 EXTRA MILK \$1.00 EXTRA FRUIT \$.50 MILK CHOICES: 1% Low Fat Milk Fat Free Chocolate Milk STISD Child Nutrition Dept. (956)514-4230 Menu subject to change without notice	
W E E K 1	4 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	5 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	6 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	7 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	8 Personal Pizza Cheese Sticks Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice		
W E E K 2	11 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	12 Cheeseburger Personal Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	13 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	14 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	15 Personal Pizza Corn Dogs Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice		
W E E K 3	18 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	19 Ham & Cheese Sandwich Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	20 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	21 Spicy Chicken Sandwich Burritos Chef Salad Corn Cucumber Slices Fresh Fruit Applesauce Milk Choice	22 Personal Pizza Corn Dogs Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice		
W E E K 1							

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