



Always Innovating

South Texas ISD

RIO GRANDE VALLEY | GRADES 6-12

BREAKFAST

DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	2 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	3 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	4 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	5 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	6 Pancake Sandwich 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</u> <u>change without</u> <u>notice</u>
W E E K 2	9 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	10 Kolache-Sausage & Cheese Honey Bun Fresh Fruit Orange Juice Milk Choice	11 Pancake on a Stick Pop Tarts Fresh Fruit Orange Juice Milk Choice	12 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	13 Breakfast Pizza Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 1	16 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	17 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	18 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	19 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	20 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 2	23	24	25	26	27	
W E E K 1	30					



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 2	2 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	3 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	4 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	5 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	6 Chicken Fried Chicken Green Beans Mashed Potato Fresh Fruit Pineapple Tidbits Milk Choice	BREAKFAST MEAL <u>PRICES:</u> 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 3	9 Breaded Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	10 Cheeseburger Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	11 Burrito Bowl Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	12 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	13 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	
WEEK 1	16 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	17 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	18 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	19 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	20 Fish Tacos Corn Baby Carrots Fresh Fruit Milk Choice	
WEEK 2	23	24	25	26	27	
WEEK 3	30					



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PIZZA & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 2	2 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	3 Cheeseburger Personal Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	4 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	5 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	6 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
WEEK 3	9 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	10 Ham & Cheese Sandwich Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	11 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	12 Spicy Chicken Sandwich Hot Pocket Chef Salad Corn Cucumber Slices Fresh Fruit Applesauce Milk Choice	13 Personal Pizza Corn Dogs Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 1	16 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	17 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	18 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	19 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	WORK DAY NO SCHOOL	
WEEK 2	23	24	25	26	27	
WEEK 3	30					



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