






Always Innovating

**South Texas ISD**

RIO GRANDE VALLEY | GRADES 6-12

# BREAKFAST

# NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1					1 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	<b><u>BREAKFAST MEAL</u></b> <b>PRICES:</b> <b>STUDENTS</b> <b>FREE!!!!</b>  <b>A LA CARTE</b> <b>ENTREE \$2.00</b> <b>EXTRA MILK \$1.00</b> <b>EXTRA FRUIT \$.50</b>  <b><u>MILK CHOICES:</u></b> <b>1% Low Fat Milk</b> <b>Fat Free</b> <b>Chocolate Milk</b>  <b>STISD Child</b> <b>Nutrition Dept.</b> <b>(956)514-4230</b>  <b><u>Menu subject to</u></b> <b><u>change without</u></b> <b><u>notice</u></b>
W E E K 2	4 Unrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	5 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	6 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	7 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	8 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 1	11 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	12 Breakfast Bar W/Muffin Snack' n Waffle-Cinnamon Fresh Fruit Orange Juice Milk Choice	13 Maple Waffle Sandwich Pop Tarts Fresh Fruit Orange Juice Milk Choice	14 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	15  PROFESSIONAL DEVELOPMENT  NO SCHOOL	
W E E K 2	18 Unrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	19 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	20 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	21 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	22 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 1						




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## LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 2					1 Chicken Fried Chicken Green Beans Mashed Potato Fresh Fruit Pineapple Tidbits Milk Choice	<b>BREAKFAST MEAL</b> <b>PRICES:</b> <b>STUDENTS</b> <b>FREE!!!!</b>  <b>A LA CARTE</b> <b>ENTREE \$2.00</b> <b>EXTRA MILK \$1.00</b> <b>EXTRA FRUIT \$.50</b>  <b>MILK CHOICES:</b> <b>1% Low Fat Milk</b> <b>Fat Free</b> <b>Chocolate Milk</b>  <b>STISD Child</b> <b>Nutrition Dept.</b> <b>(956)514-4230</b>  <b>Menu subject to</b> <b>change without</b> <b>notice</b>
WEEK 3	4 Breaded Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	5 Cheeseburger Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	6 Burrito Bowl Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	7 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	1 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	
WEEK 1	11 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	12 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	13 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	14 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	15  PROFESSIONAL DEVELOPMENT  NO SCHOOL	
WEEK 2	18 Spaghetti & Meatballs Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	19 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	20 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	21 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	22 Chicken Fried Chicken Green Beans Mashed Potato Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	25 	26	27 	28 	29	

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## PIZZA & MORE

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

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