



Always Innovating

South Texas ISD

RIO GRANDE VALLEY | GRADES 6-12

BREAKFAST

APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1		1 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	2 Breakfast Ham & Cheese Croissant Pop Tarts Fresh Fruit Orange Juice Milk Choice	3 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	4 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	<u>BREAKFAST MEAL</u> PRICES: STUDENTS FREE!!!! <u>A LA CARTE</u> 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	7 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	8 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	9 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	10 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	11 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 1	14 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	15 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	16 Breakfast Ham & Cheese Croissant Pop Tarts Fresh Fruit Orange Juice Milk Choice	17 Tamales Muffins Fresh Fruit Orange Juice Milk Choice	18 Pancake Sandwich Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 2	21 Uncrustable PB&J Cereal Fresh Fruit Orange Juice Milk Choice	22 Kolache-Sausage & Cheese Banana Bread Slice Fresh fruit Orange Juice Milk Choice	23 Pancake on a Stick Snack' n Waffle-Blueberry Fresh Fruit Orange Juice Milk Choice	24 Mini Pancakes w/Sausage patty Muffins Fresh Fruit Orange Juice Milk Choice	25 French Toast Sticks Cereal Fresh Fruit Orange Juice Milk Choice	
W E E K 1	28 Breakfast Bar W/Yogurt Cereal Fresh fruit Orange Juice Milk choice	29 Breakfast Bar W/Muffin Honey Bun Fresh Fruit Orange Juice Milk Choice	30 Breakfast Ham & Cheese Croissant Pop Tarts Fresh Fruit Orange Juice Milk Choice			

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.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1		1 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	2 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	3 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	4 Turkey W/Gravy Corn 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 2	7 Rotini Pasta W/ Sauce Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	8 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	9 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice	10 Beef & Cheese Lasagna Twisted Cheese Breadstick Green Beans Romaine Salad Fresh Fruit Apple Sauce Milk Choice	11 Chicken Fried Chicken Green Beans Mashed Potato Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	14 Breaded Chicken Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	15 Cheeseburger Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	16 Crunchy Tacos Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Mandarins Milk Choice	17 Nachos corn Cucumbers Fresh Fruit Applesauce Milk Choice	18 Chili Cheese Dogs Green Beans Baby Carrots Fresh Fruit Milk Choice	
WEEK 1	21 Popcorn Chicken Mash Bowl Cooked Carrots Dinner Roll Fresh fruit Peach Slices Milk Choice	22 Chicken Wings Tator Tots Romaine Salad Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	23 Cheese Enchiladas Pinto Beans Spanish Rice Romaine Salad Fresh Fruit Diced Pears Milk Choice	24 Chicken Alfredo Mashed Potatoes Green Beans Fresh Fruit Applesauce Milk Choice	25 Turkey W/Gravy Corn Baby Carrots Fresh Fruit Milk Choice	
WEEK 2	28 Rotini Pasta W/ Sauce Garlic Stick Cooked Carrots Romaine Salad Fresh apple Peach Slices Milk Choice	29 Orange Chicken w/Fried Rice Broccoli Baby Carrots Fresh Fruit Fruit Cocktail Milk Choice	30 Street Tacos Pinto Beans Baby Carrots Rice Banana Mandarins Milk Choice			

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PIZZA & MORE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1		1 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	2 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	3 Spicy Chicken Sandwich Ham & Cheese Wrap Hot Pocket Chef Salad Pinto Beans Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	4 Personal Pizza Cheese Sticks Buffalo Boneless Wings /Waffle Fries 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 2	7 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	8 Cheeseburger Personal Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	9 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	10 Spicy Chicken Sandwich Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	11 Pizza W/Bufallo Chicken Wings Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 3	14 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	15 Ham & Cheese Sandwich Personal Pizza Pizza Cheese Crunchers Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	16 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice	17 Spicy Chicken Sandwich Hot Pocket Chef Salad Corn Cucumber Slices Fresh Fruit Applesauce Milk Choice	18 Personal Pizza Sub Sandwich Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 1	21 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	22 Cheeseburger Personal Pizza Chef Salad Romaine Salad Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	23 Pizza Burrito Chef Salad Pinto Beans Romaine Salad Fresh Fruit Diced Pears Milk Choice	24 Spicy Chicken Sandwich Ham & Cheese Wrap Hot Pocket Chef Salad Green Beans Romaine Salad Fresh Fruit Applesauce Milk Choice	25 Personal Pizza Cheese Sticks Buffalo Boneless Wings /Waffle Fries Green Beans Baby Carrots Fresh Fruit Pineapple Tidbits Milk Choice	
WEEK 2	28 Chicken Tenders Hot Pocket Creamy Mashed Potatoes Cooked Carrots Dinner Roll Fresh Fruit Peach Slices Milk Choice	29 Cheeseburger Personal Pizza Chef Salad Baby Carrots Tator Tots Fresh Fruit Fruit Cocktail Milk Choice	30 Pizza Burritos Chef Salad Pinto Beans Romaine Salad Fresh Fruit Mandarins Milk Choice			

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