Always Innovating
South Texas ISD
RIO GRANDE VALLEY | GRADES 6-12

# NOVEMBER

# BREAKFAST

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEEK 2 | 2<br>Uncrustable PB&J<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice | 3<br>Sausage & Egg Croissant<br>Honey Bun<br>Fresh fruit<br>Juice<br>Milk Choice | 4<br>Pancake on a Stick<br>Snack' n Waffle-Blueberry<br>Fresh Fruit<br>Juice<br>Milk Choice | 5<br>Mini Pancakes w/Sausage patty<br>Muffins<br>Fresh Fruit<br>Juice<br>Milk Choice | 6<br>French Toast Sticks<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice |
| WEEK 1 | 9<br>Breakfast Bar W/Yogurt<br>Cereal<br>Fresh fruit<br>Juice<br>Milk choice | 10<br>Kolache-Sausage & Cheese<br>Banana Bread Slice<br>Fresh fruit<br>Juice<br>Milk Choice | 11<br>Breakfast Ham & Cheese Croissant<br>Pop Tarts<br>Fresh Fruit<br>Juice<br>Milk Choice | 12<br>Tamales<br>Muffins<br>Fresh Fruit<br>Juice<br>Milk Choice | 13<br>Biscuit Sausage/Cheese<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice |
| WEEK 2 | 16<br>Uncrustable PB&J<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice | 17<br>Sausage & Egg Croissant<br>Honey Bun<br>Fresh fruit<br>Juice<br>Milk Choice | 18<br>Pancake on a Stick<br>Snack' n Waffle-Blueberry<br>Fresh Fruit<br>Juice<br>Milk Choice | 19<br>Mini Pancakes w/Sausage patty<br>Muffins<br>Fresh Fruit<br>Juice<br>Milk Choice | 20<br>French Toast Sticks<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice |
| WEEK 1 | 23<br> | 24 | 25<br> | 26<br> | 27 |
| WEEK 2 | 20<br>Uncrustable PB&J<br>Cereal<br>Fresh Fruit<br>Juice<br>Milk Choice | | | | |

**BREAKFAST MEAL PRICES:**
**STUDENTS FREE!!!!**

**A LA CARTE**
ENTREE $2.50
EXTRA MILK $1.00
EXTRA FRUIT $.50

**MILK CHOICES:**
1% Low Fat Milk
Fat Free
Chocolate Milk

**Additional Items Offered**
Uncrustables

**Menu subject to change without notice**

**STISD Child Nutrition Dept.**
**(956)514-4230**

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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# NOVEMBER

## LUNCH

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEEK 3 | 2<br>Rotini Pasta W/ Sauce<br>Garlic Stick<br>Cooked Carrots<br>Romaine Salad<br>Fresh apple<br>Peach Slices<br>Milk Choice | 3<br>Nachos<br>corn<br>Cucumbers<br>Fresh Fruit<br>Applesauce<br>Milk Choice | 4<br>Crunchy Tacos<br>Pinto Beans<br>Spanish Rice<br>Romaine Salad<br>Fresh Fruit<br>Mandarins<br>Milk Choice | 5<br>Cheeseburger<br>Broccoli Cheddar Soup<br>Tator Tots<br>Romaine Salad<br>Baby Carrots<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 6<br>Chicken Teriyaki w/Fried Rice<br>Green Beans<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 1 | 9<br>Popcorn Chicken<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Dinner Roll<br>Fresh fruit<br>Peach Slices<br>Milk Choice | 10<br>Chicken Wings<br>Tator Tots<br>Romaine Salad<br>Baby Carrots<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 11<br>Cheese Enchiladas<br>Pinto Beans<br>Spanish Rice<br>Romaine Salad<br>Fresh Fruit<br>Diced Pears<br>Milk Choice | 12<br>4 Cheese Tortellini w/Cheese Stick<br>Broccoli Normandy<br>Romaine Salad<br>Fresh Fruit<br>Applesauce<br>Milk Choice | 13<br>Dorito Bowl<br>Corn<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 2 | 16<br>Tostito Bowl<br>Corn<br>Cooked Carrots<br>Fresh fruit<br>Peach Slices<br>Milk Choice | 17<br>Orange Chicken w/Fried Rice<br>Broccoli<br>Baby Carrots<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 18<br>Street Tacos<br>Pinto Beans<br>Baby Carrots<br>Rice<br>Banana<br>Mandarins<br>Milk Choice | 19<br>Beef & Cheese Lasagna<br>Twisted Cheese Breadstick<br>Green Beans<br>Romaine Salad<br>Fresh Fruit<br>Apple Sauce<br>Milk Choice | 20<br>Chicken Strip Basket<br>Green Beans<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 3 | 23<br> | 24 | 25<br> | 26<br> | 27 |
| WEEK 1 | 30<br>Popcorn Chicken<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Dinner Roll<br>Fresh fruit<br>Peach Slices<br>Milk Choice | | | | |

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**STUDENTS FREE!!!!**

**A LA CARTE**
**ENTREE $2.50**
**EXTRA MILK $1.00**
**EXTRA FRUIT $.50**

**MILK CHOICES:**
**1% Low Fat Milk**
**Fat Free**
**Chocolate Milk**

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# NOVEMBER

# PIZZA & MORE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| WEEK 3 | 1<br>Mini Corn Dogs<br>Pizza<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Fresh Fruit<br>Peach Slices<br>Milk Choice | 3<br>Pizza<br>Pizza Cheese Crunchers<br>Chef Salad<br>corn<br>Cucumbers<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 4<br>Pizza<br>Burritos<br>Chef Salad<br>Pinto Beans<br>Romaine Salad<br>Fresh Fruit<br>Mandarins<br>Milk Choice | 5<br>Spicy Chicken Sandwich<br>Pizza<br>Chef Salad<br>Tator Tots<br>Romaine Salad<br>Fresh Fruit<br>Applesauce<br>Milk Choice | 6<br>Pizza<br>Sub Sandwich<br>Green Beans<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 1 | 9<br>Chicken Tenders<br>Pizza<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Dinner Roll<br>Fresh Fruit<br>Peach Slices<br>Milk Choice | 10<br>Cheeseburger<br>Pizza<br>Chef Salad<br>Romaine Salad<br>Tator Tots<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 11<br>Pizza<br>Burrito<br>Ham & Cheese Wrap<br>Pinto Beans<br>Romaine Salad<br>Fresh Fruit<br>Diced Pears<br>Milk Choice | 12<br>Spicy Chicken Sandwich<br>Pizza<br>Chef Salad<br>Broccoli Normandy<br>Romaine Salad<br>Fresh Fruit<br>Applesauce<br>Milk Choice | 13<br>Pizza<br>Buffalo Boneless Wings /Waffle Fries<br>Corn<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 2 | 16<br>Chicken Tenders<br>Pizza<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Dinner Roll<br>Fresh Fruit<br>Peach Slices<br>Milk Choice | 17<br>Cheeseburger<br>Pizza<br>Chef Salad<br>Baby Carrots<br>Tator Tots<br>Fresh Fruit<br>Fruit Cocktail<br>Milk Choice | 18<br>Pizza<br>Burritos<br>Chef Salad<br>Pinto Beans<br>Baby Carrots<br>Fresh Fruit<br>Mandarins<br>Milk Choice | 19<br>Spicy Chicken Sandwich<br>Pizzq<br>Chef Salad<br>Green Beans<br>Romaine Salad<br>Fresh Fruit<br>Applesauce<br>Milk Choice | 20<br>Pizza W/Buffalo Chicken Wings<br>Cheese Sticks<br>Green Beans<br>Baby Carrots<br>Fresh Fruit<br>Pineapple Tidbits<br>Milk Choice |
| WEEK 3 | 23<br> | 24 | 25<br> | 26<br> | 27 |
| WEEK 1 | 30<br>Chicken Tenders<br>Pizza<br>Creamy Mashed Potatoes<br>Cooked Carrots<br>Dinner Roll<br>Fresh Fruit<br>Peach Slices<br>Milk Choice | | | | |

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