



Edinburg C.I.S.D. Child Nutrition Department

Breakfast & Lunch Menu

Elementary Menu

September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Toaster Pastry Chocolate Fudge</p> <p>Orange Mandarin Chicken w/sauce Steamed Rice, WG Cali. Blend Veggies Buttered Edamames</p> <p style="text-align: center;"><i>550 kcal, 9 g Fat</i></p>	<p>3 Breakfast Burrito</p> <p>Chicken Alfredo w/ Rotini Pasta, WG <i>parmesan cheese (opt)</i> Garlic Breadstick Steamed Broccoli Dill Seasoned Carrots</p> <p style="text-align: center;"><i>560 kcal, 15 g Fat</i></p>	<p>4 Sliced Banana Bread</p> <p>Hamburger/Cheeseburger on whole grain rich bun <i>mustard, mayo & ketchup</i> Burger Salad Potato Tater Tots</p> <p style="text-align: center;"><i>642 kcal, 23 g Fat</i></p>	<p>5 Biscuit w/Turkey Sausage & grape jelly</p> <p>Pulled Pork Street Tacos w/Corn Tortillas <i>cilantro & onions (opt)</i> Homemade Fideo, WG Beans a la Charra Lettuce & Tomato Salad</p> <p style="text-align: center;"><i>543 kcal, 6 g Fat</i></p>	<p>6 Apple-Cinnamon Empanada</p> <p>Pepperoni Deep Dish Pizza <i>parmesan cheese (opt)</i> Seasoned Green Beans Golden Corn</p> <p style="text-align: center;"><i>546 kcal, 11 g Fat</i></p>
<p>9 Astd. Cereal Bowl</p> <p>Cheesy Meatloaf <i>w/brown gravy (opt)</i> Corn Muffin Green Peas Mashed Potatoes <i>w/brown gravy (opt)</i></p> <p style="text-align: center;"><i>542 kcal, 16 g Fat</i></p>	<p>10 Kolache</p> <p>Breaded Chicken Rings w/ketchup Mac. & Cheese, WG Steamed Broccoli Dill Seasoned Carrots</p> <p style="text-align: center;"><i>618 kcal, 18 g Fat</i></p>	<p>11 Breakfast Bar Coco Chip</p> <p>Hamburger/Cheeseburger on enriched Bun <i>mustard, mayo & ketchup</i> Burger Salad Seasoned Potato Wedges</p> <p style="text-align: center;"><i>644 kcal, 22 g Fat</i></p>	<p>12 Beef Tamales</p> <p>Beef & Cheese Nachos <i>w/Tostito Scoop Chips</i> Spanish Rice, WG Mixed Vegetables Seasoned Pinto Beans</p> <p style="text-align: center;"><i>734 kcal, 21 g Fat</i></p>	<p>13 Straw. Yogurt Tube & Trix Cereal Bar</p> <p>Pizza Crunchers <i>w/Marinara Sauce, HM (opt)</i> Garlic Breadstick, WG Seasoned Green Beans Carrot Coins</p> <p style="text-align: center;"><i>722 kcal, 25 g Fat</i></p>
<p>16 WG Donut</p> <p>Breaded Beef Fingers <i>w/country gravy (opt)</i> Mac. & Cheese, WG Mashed Potatoes Cinn. Glazed Carrots</p> <p style="text-align: center;"><i>597 kcal, 18 g Fat</i></p>	<p>17 Egg, Cheese & Bacon Taco</p> <p>Pepperoni Pizza <i>parmesan cheese (opt)</i> Steamed Broccoli Dill Seasoned Carrots</p> <p style="text-align: center;"><i>580 kcal, 18 g Fat</i></p>	<p>18 Mini Maple Pancakes</p> <p>Hamburger/Cheeseburger on enriched Bun <i>mustard, mayo & ketchup</i> Burger Salad Potato Tater Tots</p> <p style="text-align: center;"><i>652 kcal, 23 g Fat</i></p>	<p>19 Biscuit w/Breaded Chicken Patty</p> <p>Beef Quesadilla <i>w/sour cream (opt)</i> Homemade Fideo, WG Lettuce & Tomato Salad Seasoned Pinto Beans</p> <p style="text-align: center;"><i>611 kcal, 13 g Fat</i></p>	<p>20 Big Oatmeal Heart Shaped Cookie</p> <p>Triangled Ham & Cheese Sandwich on WG & enriched <i>mustard & mayo</i> Burger Salad Baby Carrots w/ranch Dorito Corn Chips, WG</p> <p style="text-align: center;"><i>575 kcal, 15 g Fat</i></p>
<p>23 Astd. Cereal Bowl</p> <p>Chicken Tenders <i>w/Dutch Waffle ketchup condiment</i> Mashed Potatoes <i>w/gravy</i> Green Peas</p> <p style="text-align: center;"><i>829 kcal, 23 g Fat</i></p>	<p>24 Pancake on a Stick</p> <p>Spaghetti w/Meatballs & HM Spaghetti Sauce Garlic Breadstick Steamed Broccoli <i>w/cheese sauce (opt)</i> Dill Seasoned Carrots</p> <p style="text-align: center;"><i>715 kcal, 24 g Fat</i></p>	<p>25 Concha</p> <p>Hamburger/Cheeseburger on enriched Bun <i>mustard, mayo & ketchup</i> Burger Salad Potato Smiles</p> <p style="text-align: center;"><i>677 kcal, 23 g Fat</i></p>	<p>26 Kolache</p> <p>Chicken & Cheese Quesadilla Spanish Rice, WG Lettuce & Tomato Salad Seasoned Pinto Beans</p> <p style="text-align: center;"><i>555 kcal, 11 g Fat</i></p>	<p>27 Superpretzel Cinnamon Bun</p> <p>Turkey Hot Dog on enriched bun <i>mustard, ketchup & relish</i> Mac. & Cheese, WG Golden Corn Baby Carrots w/ranch</p> <p style="text-align: center;"><i>594 kcal, 16 g Fat</i></p>
<p>30 Toaster Pastry Blueberry</p> <p>Orange Mandarin Chicken w/sauce Steamed Rice, WG Cali. Blend Veggies Buttered Edamames</p> <p style="text-align: center;"><i>566 kcal, 9 g Fat</i></p>				<p>Breakfast is served with 100% fruit juice & variety of fresh fruits</p>

Menu subject to change due to product availability. Menu should not be used for nutritional caloric intake.

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