



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

## Breakfast & Lunch Menu

### Elementary Menu

### February 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast is served with 100% fruit juice &amp; variety of fresh fruit</b>				<b>District Benchmarks February 11 &amp; 12 February 17, 18, 19 &amp; 20</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>No School for Students</b>	Assorted Cereal Bowl	Pancake on Stick	Morning Sausage Roll	Superpretzel Cinnamon Bun
	Spaghetti with Meat Balls & Sauce Garlic Breadstick Steamed Broccoli w/cheese sauce (opt) Dill Seasoned Carrots <i>690 kcal, 23 g Fat</i>	Hamburger/Cheeseburger mustard, mayo & ketchup Burger Salad Seasoned Potato Wedges Fruit Smoothie <i>642 kcal, 22 g Fat</i>	Soft Chicken & Cheese Tacos Spanish Rice Lettuce & Diced Tomato Salad w/ranch Seasoned Pinto Beans <i>646 kcal, 16 g Fat</i>	Turkey Hot Dog <i>mustard, ketchup &amp; relish</i> Macaroni & Cheese Golden Corn Baby Carrots w/ranch <i>578 kcal, 15 g Fat</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Toaster Pastry Chocolate	Breakfast Pizza Pocket	Sliced Banana Bread	Biscuit w/Breaded Chicken Patty	Apple-Cinnamon Empanada
Orange Mandarin Chicken w/sauce Steamed Rice Cali. Blend Veggies Buttered Edamame's Fortune Cookie <i>594 kcal, 10 g Fat</i>	Mini Turkey Corn Dogs <i>mustard &amp; ketchup</i> Cheeze-It Crackers Baby Carrots w/ranch Golden Corn <i>565 kcal, 17 g Fat</i>	Hamburger/Cheeseburger mustard, mayo & ketchup Burger Salad Seasoned Potato Wedges Fruit Smoothie <i>619 kcal, 21 g Fat</i>	Pulled Pork Street Tacos w/Corn Tortillas <i>cilantro &amp; onions (opt)</i> Homemade Fideo Beans a la Charra Lettuce & Diced Tomato Salad w/ranch <i>649 kcal, 17 g Fat</i>	Pepperoni Deep Dish Pizza <i>parmesan cheese (opt)</i> Heart Shaped Cookie Steamed Broccoli w/cheese sauce Dill Seasoned Carrots <i>777 kcal, 21 g Fat</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Assorted Cereal Bowl	Morning Sausage Roll	Oatmeal Chocolate Cereal Bar	Beef Tamales	Straw./Ban. Yogurt & Choc. Rice Crispy Bar
Chicken Burger on enriched bun mustard & mayo Burger Salad Baby Carrots w/ranch <i>601 kcal, 18 g Fat</i>	Beef, Bean & Cheese Burrito Cucumbers & Cherry Tomato Salad w/ranch Baby Carrots <i>597 kcal, 17 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo &amp; ketchup</i> Burger Salad Seasoned Potato Wedges Fruit Smoothie <i>637 kcal, 22 g Fat</i>	Beef & Cheese Nachos w/Tostito Scoops Spanish Rice Mixed Vegetables Seasoned Pinto Beans <i>715 kcal, 20 g Fat</i>	Pizza Crunchers w/Marinara sauce (opt) Garlic Breadstick Steamed Broccoli w/cheese sauce (opt) Dill Seasoned Carrots <i>703 kcal, 24 g Fat</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Breakfast Donut	Egg, Cheese & Bacon Taco	Mini Pancakes	Biscuit w/Pork Sausage Patty	Chocolate Muffin
Breaded Beef Fingers w/country gravy Macaroni & Cheese Cinnamon Glazed Carrots Mashed Potatoes w/brown gravy (opt) <i>631 kcal, 18 g Fat</i>	Pepperoni Pizza <i>parmesan cheese (opt)</i> Steamed Broccoli w/cheese sauce (opt) Dill Seasoned Carrots <i>587 kcal, 18 g Fat</i>	Hamburger/Cheeseburger/ Fish Burger <i>mustard, mayo &amp; ketchup</i> Burger Salad Seasoned Potato Wedges Fruit Smoothie <i>618 kcal, 20 g Fat</i>	Picadillo con Papas w/Corn Tortillas Spanish Rice Golden Corn Beans a la Charra <i>709 kcal, 18 g Fat</i>	Ham & Cheese OR Grilled Cheese SW <i>mustard &amp; mayo</i> Burger Salad Baby Carrots w/ranch Doritos <i>559 kcal, 14 g Fat</i>

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

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