

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

Middle School Breakfast & Lunch Menu

May 2017



This month of May we will be recognizing Child Nutrition Employee Appreciation Week from May 1-5, 2017. On Friday, May 5th is designated as Super Lunch Hero Day. We hope to continue encouraging among our students the importance of a balanced diet for their benefit of a healthy body and mind.

A variety of 100% fruit juices, fresh fruits and vegetables, whole grain rich breads and pastas and choice of flavored fat-free milk and unflavored 1% milk offered daily. Other options for lunch at all Elementary campuses include: Chef Salads and Turkey Ham & Cheese Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mini Pancakes w/syrup General TSO's Chicken w/Sauce Steamed Brown Rice with Vegetables Seasoned Edames Dill Seasoned Carrots <i>651 kcal, 16 g Fat</i>	2 Breakfast Burrito Spaghetti with Meat Balls & Sauce and Parm. Cheese (opt) Romaine & Cherry Tomato Salad w/lite ranch Seasoned Green Beans Cheese Filled Breadstick <i>670 kcal, 24 g Fat</i>	3 WW White/Chocolate Conchas Hamburger or Cheeseburger <i>Asstd. condiments</i> Romaine Burger Salad Oven Baked Tator Tots <i>638 kcal, 23 g Fat</i>	4 Grilled Cheese Sandwich Philly Cheese Steak on Hoagie Bun w/mozz. cheese (opt) Sweet Potato Wedges w/ketchup Seasoned Ranch Style Beans <i>740 kcal, 21 g Fat</i>	5 Straw. & Pineapple Parfait w/Choc. Granola Fish Burger <i>tartar sauce & pickle relish</i> Homemade Mac. & Cheese Green Peas Carrot Coins <i>679 kcal, 15 g Fat</i>
8 Morning Sausage Roll Turkey Corn Dog <i>mustard & ketchup</i> Baby Carrots Romaine & Diced Tomato Salad w/ranch cup Baked Potato Chips <i>611 kcal, 16 g Fat</i>	9 Biscuit with Pork Sausage Patty Breaded Chicken Patty on Hamburger Bun <i>Asstd. condiments</i> Romaine Burger Salad Baby Carrots w/ranch cup Baked Crunchy Cheetos <i>649 kcal, 22 g Fat</i>	10 Blueberry Muffin Hamburger or Cheeseburger <i>Asstd. condiments</i> Romaine Burger Salad Oven Baked Tator Tots <i>643 kcal, 23 g Fat</i>	11 Chia Strawberry Oatmeal Bar Beef, Bean & Cheese Burrito Seasoned Pinto Beans Homemade Fideo Golden Corn <i>757 kcal, 17 g Fat</i>	12 Breakfast Easy Meal Breaks Sliced Pepperoni Pizza <i>parmesan cheese (opt)</i> Broccoli Florets with Cheese Sauce Baby Carrots w/lite ranch <i>613 kcal, 18 g Fat</i>
15 Breakfast Cereal Bar, 2.5 oz. Oven Roasted Chicken w/BBQ Sauce Homemade Mac. & Cheese California Blend Veggies Golden Corn <i>606 kcal, 17 g Fat</i>	16 Breakfast Pizza Sandwich/Pocket Turkey Chunks w/gravy Cornbread Dressing Mashed Potatoes w/gravy Seasoned Green Beans WG Dinner Roll, 1 oz. <i>639 kcal, 10 g Fat</i>	17 Gingerbread People Hamburger or Cheeseburger <i>Asstd. condiments</i> Romaine Burger Salad Oven Baked Tator Tots OR Sweet Potato Bites <i>680 kcal, 24 g Fat</i>	18 Biscuit with Pork Sausage Patty Cheese Enchiladas w/Meat Sauce Homemade Fideo Romaine & Tomato Salad w/lite ranch dressing Seasoned Pinto Beans <i>748 kcal, 17 g Fat</i>	19 Blueberry & Straw. Parfait w/Cinnamon Grips Chicken Tenders Strips with Waffles <i>pancake syrup & country gravy</i> Orange Glazed Carrots Green Peas <i>619 kcal, 15 g Fat</i>
22 Pillsbury Cream Cheese Filled Bagels Breaded Chicken Sticks w/country gravy Veggie Cheese Pasta Broccoli & Cauliflower w/cheese sauce Dill Seasoned Carrots <i>573 kcal, 22 g Fat</i>	23 Turk. Sausage & Cheese Breakfast Square Beef & Bean Chili (Chili con Carne) Cornbread Stuffing OR Mini Cornbread Loaf Golden Corn Green Peas <i>540 kcal, 13 g Fat</i>	24 Creamy Oatmeal w/ Cinn. Graham Crackers Hamburger or Cheeseburger <i>Asstd. condiments</i> Romaine Burger Salad Oven Baked Tator Tots <i>625 kcal, 24 g Fat</i>	25 Potato & Chorizo Taquito Crispy Chicken Tacos w/shredded cheese (opt) Homemade Fideo Romaine & Diced Tomato Salad w/lite ranch dressing Seasoned Pinto Beans <i>736 kcal, 22 g Fat</i>	26 Greek Vanilla Yogurt w/UBR Cookie Turkey Ham & Cheese on Hoagie Bun <i>Asstd. condiments</i> Romaine Burger Salad Baby Carrots Baked Crunchy Cheetos <i>718 kcal, 18 g Fat</i>
29 Memorial Day Holiday No School <i>Menus are subject to change due to product availability</i>	30 Pancake on a Stick w/syrup Diced Chicken with Alfredo Sauce on Rotini Pasta Steamed Broccoli with Cheese Sauce Dill Seasoned Carrots Cheese Filled Breadstick <i>603 kcal, 17 g Fat</i>	31 WW White/Chocolate Conchas Hamburger or Cheeseburger <i>Asstd. condiments</i> Romaine Burger Salad Oven Baked Tator Tots <i>653 kcal, 23 g Fat</i>	Jun.1 Grilled Cheese Sandwich Breaded Beef Steak or Fingers w/country gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/brown gravy Seasoned Ranch Style Beans <i>670 kcal, 16 g Fat</i>	Jun.2 Chocolate Muffin Grilled Turk. & Ham Cheese Sandwich <i>Asstd. condiments</i> Baby Carrots w/lite ranch dressing Golden Corn <i>477 kcal, 17 g Fat</i>

* Lunch menus are analyzed for caloric and fat content. Menus should not be used to treat or diagnose a medical condition. Menus are subject to change due to product availability.

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