

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

Elementary 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. Reminder students will be testing this month on May 8th & 9th for STAAR.



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 Asstd. Cereal Bowl Tangerine Chicken w/Sauce Steamed Brown Rice with Vegetables Seasoned Edames Dill Seasoned Carrots 542 kcal, 10 g Fat	2 Pancake on a Stick Spaghetti with Meat Balls & Sauce and Parmesan Cheese (opt) Romaine & Cherry Tomato Salad w/lite ranch Seasoned Green Beans Cheese Filled Breadstick 625 kcal, 24 g Fat	3 WW White/Chocolate Conchas Hamburger or Cheeseburger Asstd. condiments Romaine Burger Salad Oven Baked Tator Tots OR Potato Smiles 642 kcal, 23 g Fat	4 Grilled Cheese Sandwich Baked Tostito Scoops with Seasoned Beef & Cheese Sauce Beans a la Charra Golden Corn 725 kcal, 21 g Fat	5 Straw. & Pineapple Parfait w/Choc. Granola Fish Burger tartar sauce & relish Homemade Mac. & Cheese Green Peas Carrot Coins 678 kcal, 17 g Fat
8 Morning Sausage Roll Turkey Corn Dog mustard & ketchup Baby Carrots Romaine & Diced Tomato Salad w/ranch dressing Baked Potato Chips 605 kcal, 18 g Fat	9 Biscuit with Pork Sausage Patty Breaded Chicken Patty on Hamburger Bun Asstd. condiments Romaine Burger Salad Baby Carrots w/ranch Baked Cheetos 666 kcal, 23 g Fat	10 Blueberry Muffin Hamburger or Cheeseburger Asstd. condiments Romaine Burger Salad Oven Baked Tator Tots 606 kcal, 23 g Fat	11 Chia Strawberry Oatmeal Bar Beef, Bean & Cheese Burrito Seasoned Pinto Beans Homemade Fideo Golden Corn 698 kcal, 17 g Fat	12 Breakfast Easy Meal Breaks Sliced Pepperoni Pizza Parmesan Cheese (opt) Broccoli Florets with Cheese Sauce Baby Carrots w/lite ranch 531 kcal, 18 g Fat
15 Breakfast Cereal Bar Oven Roasted Drumstick w/BBQ Sauce Steamed Broccoli w/cheese Dill Seasoned Carrots Homemade Mac. & Cheese 506 kcal, 16 g Fat	16 Breakfast Pizza Sandwich/Pocket Turkey Chunks with Gravy Cornbread Dressing Mashed Potatoes w/gravy Seasoned Green Beans WG Dinner Roll, 1 oz. 534 kcal, 8 g Fat	17 Gingerbread People Hamburger or Cheeseburger Asstd. condiments Romaine Burger Salad Oven Baked Tator Tots OR Sweet Potato Bites 641 kcal, 23 g Fat	18 Biscuit with Pork Sausage Patty Cheese Enchiladas w/Meat Sauce Homemade Fideo Romaine & Tomato Salad w/lite ranch dressing Seasoned Pinto Beans 672 kcal, 18 g Fat	19 Straw. Banana Yogurt & Cinnamon Toast Cereal Bar Chicken Tenders Strips with Waffles pancake syrup & country gravy Orange Glazed Carrots Green Peas 610 kcal, 15 g Fat
22 Mini Pancakes Breaded Chicken Sticks w/country gravy Veggie Cheese Pasta Broccoli & Cauliflower w/cheese sauce Dill Seasoned Carrots 609 kcal, 23 g Fat	23 Turk. Sausage & Cheese Breakfast Square Beef & Bean Chili (Chili con Carne) Cornbread Stuffing OR Mini Cornbread Loaf Seasoned Green Beans Golden Corn 539 kcal, 15 g Fat	24 Marranitos Hamburger or Cheeseburger Asstd. condiments Romaine Burger Salad Oven Baked Tator Tots 621 kcal, 23 g Fat	25 Potato & Chorizo Taquito Chicken with Vegetable Pot Pie WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Seasoned Edames 610 kcal, 21 g Fat	26 Straw. & Peach Parfait w/Cinnamon Grips Turkey Ham & Cheese on Hoagle Bun Asstd. condiments Romaine Burger Salad Baby Carrots w/ranch cup Baked Crunchy Cheetos 682 kcal, 17 g Fat
29 Memorial Day Holiday No School Menus are subject to change due to product availability	30 Asstd. Cereal Bowl Spaghetti with Meatballs & Spaghetti Sauce Steamed Broccoli with Cheese Sauce Dill Seasoned Carrots Cheese Filled Breadstick 621 kcal, 22 g Fat	31 WW White/Chocolate Conchas Hamburger or Cheeseburger Asstd. condiments Romaine Burger Salad Oven Baked Tator Tots 612 kcal, 22 g Fat	Jun.1 Grilled Cheese Sandwich Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac. & Cheese Seasoned Ranch Style Beans California Blend Veggies 670 kcal, 18 g Fat	Jun.2 Chocolate Muffin Grilled Turk. & Ham Cheese Sandwich Asstd. condiments Baby Carrots w/ranch cup Golden Corn 468 kcal, 14 g Fat

* 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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