



EDINBURG C.I.S.D. HIGH SCHOOL BREAKFAST MENU 2017 - 2018



| Week 1 | | | | |
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p><i>Choice of Entrée:</i> Breakfast Easy Meal Breaks or Welch's PB & J Uncrustable</p> <p style="background-color: #d4edda;"><i>No Fruit Juice Option since already with Meal Break</i></p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Pepperoni & Cheese Pizza Stick or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> French Toast Sticks w/syrup or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Biscuit w/Brd. Chicken Patty or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Blueberry/Banana Muffin or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> |
| Week 2 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p><i>Choice of Entrée:</i> Greek Yogurt, 5.3 oz with Chewy Granola Bar or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Cheese Kolache, 2.5 oz or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Chia Oatmeal Bar (strawberry) or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Potato & Chorizo Taquito or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> | <p><i>Choice of Entrée:</i> Homemade Grilled Cheese Sandwich or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl</p> <p><i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/Peach/Straw. Cups <i>Choice of Milk:</i> Flavored & Unflavored 1% or Skim Milk</p> |
| Week 3 | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p><i>Choice of Entrée:</i> Asst. Cereal Bowl or Welch's PB & J Uncrustable or Creamy Oatmeal 3/4 c. with Cinnamon Gripz Grahams</p> | <p><i>Choice of Entrée:</i> Mini Pancakes Maple Burst or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> | <p><i>Choice of Entrée:</i> Kolache or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> | <p><i>Choice of Entrée:</i> Biscuit w/Pork Sausage Patty or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> | <p><i>Choice of Entrée:</i> Chocolate/Banana Muffin or Welch's PB & J Uncrustable or Asst. Cereal Bowl</p> |

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| <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk |
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Week 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Choice of Entrée: Cinnamon Swirl Breakfast Bun or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl | Choice of Entrée: Power Up Breakfast Sandwich (Chicken Patty on WG Biscuit) OR Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl | Choice of Entrée: WW Flavored Conchas or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl | Choice of Entrée: WG Beef Tamales or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl | Choice of Entrée: Mandarin Orange & Frz. Strawberry Parfait with Cinnamon Gripz Grahams or Welch's PB & Jelly Uncrustable or Asst. Cereal Bowl |
| <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk | <i>Choice of Fruit up to 1 c. serving</i> Asst. Juice, 4 oz. Asst. Fresh Fruit Craisins/Raisels/Raisins Asst. Flavored Dole Fruit Cups Apple-Cinnamon/ Peach/Straw. Cups Choice of Milk: Flavored & Unflavored 1% or Skim Milk |

* Breakfast Easy Meal Breaks reminder student can not take another 4 oz juice since already offered in package *

types of 100% fruit juices:

Orange Juice cups, frz
White Grape Juice, Aseptic Pack
Apple Juice, Aseptic Pack

types of fruit choices:

sliced apples, oranges, pears, banana and whole apples (USDA)
Dole fruit cups: mandarine orange, mixed fruit, diced pears and diced peaches
Raisins: Lemon or Orange flavor raisels and Reg. Raisins
Craisins: Cherry, Strawberry, Blueberry & Original flavors
Apple-Cinnamon Flavored Applesauce, Peach Frz. Cups, Strawberry Frz. Cups

Menu subject to change due to product availability.

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