

Edinburg C.I.S.D. Child Nutrition Department Elementary Breakfast & Lunch Menu

April 2016

The Edinburg CISD Child Nutrition Department is always looking forward to hear from our students and staff to give their inputs on the menus we serve in our cafeterias. As we look forward to ending the school year, please advise your child to make menu suggestions to our cafeteria for next school year! Furthermore, as always encourage your child at home to eat a healthy balanced foods at home and at school.



A variety of 100% fruit juices, fresh fruits and vegetables, whole grain rich breads and pastas and fat free milk are offered daily. Other options for lunch at all Elementary campuses include: Chef Salads and Turkey Ham/Breast & Cheese Sandwiches.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast Cereal Bar
	Menus are subject to change due to product availability	Lunch menus are analyzed for caloric and fat content. Menus should not be used to treat or diagnose a medical condition.		Beef, Bean & Cheese Burrito WG Spanish Rice Refried Pinto Beans Romaine & Tomato Salad w/ranch dressing Asst. Fruit & Milk 693 kcal, 21 g Fat
4 Mini Pancakes	5 Grilled Cheese Sandwich	6 Blueberry Muffin	7 Cheese Stuffed Sandwich	8 Yogurt & Brownie
Mini Pizza Bagels or Sliced Pepperoni Pizza Seasoned Green Beans Carrot Coins Asst. Fruit & Milk 500 kcal, 14 g Fat	Turkey w/gravy Homemade Wheat Roll Mashed Potatoes w/gravy Mixed Vegetables Asst. Fruit & Milk 537 kcal, 11 g Fat	Hamburger/Cheeseburger Asst. Condiments Romaine Burger Salad Oven Baked Tator Tots Dreamy Pears or Asst. Fruit Asst. Milk 659 kcal, 25 g Fat	Cheese Enchiladas with Meat Sauce Romaine & Tomato Salad WG Spanish Rice Refried Pinto Beans Asst. Fruit & Milk 659 kcal, 15 g Fat	WG Fish & Cheese Nuggets Homemade Macaroni & Cheese Green Peas Golden Corn Fruited Gelatin Pears or Asst. Fruit & Milk 580 kcal, 17 g Fat
11 Breakfast Easy Meal Breaks	12 Morning Sausage Roll	13 Blueberry & Peach Parfait & Cheerios Cereal Bar	14 Biscuit with Pork Sausage Patty	15 Pillsbury Mini French Toast (Berry)
Clux Delux Chicken Bites w/BBQ Sauce Mashed Potatoes w/brown gravy Carrot Coins WG Dinner Roll (1 oz.) Asst. Fruit & Milk 595 kcal, 16 g Fat	Diced Chicken w/Alfredo Sauce and Pasta Mozzarella Cheese (opt) Cheese Filled Breadstick Romaine & Tomato Salad Green Peas Asst. Fruit & Milk 641 kcal, 22 g Fat	Hamburger/Cheeseburger Asst. Condiments Romaine Burger Salad Oven Baked Tator Tots Asst. Fruit & Milk 636 kcal, 24 g Fat	Chicken & Cheese Quesadilla Seasoned Pinto Beans WG Spanish Rice Golden Corn Asst. Fruit & Milk 707 kcal, 22 g Fat	Turkey Ham & Cheese on Hoagie Baby Carrots w/ranch dressing Romaine Burger Salad Baked Crunchy Cheetos Asst. Fruit & Milk 618 kcal, 15 g Fat
18 Pillsbury Mini Cinnis	19 Egg & Cheese Sandwich on WG Bun	20 Apple-Cinnamon Muffin	21 Biscuit with Chicken Patty	22 Asst. Cereal Bowl
Breaded Beef Fingers w/country gravy Homemade Macaroni & Cheese Seasoned Green Beans Mashed Potatoes w/gravy Asst. Fruit & Milk 570 kcal, 17 g Fat	WG Cheese Crunchers with Marinara Sauce WG Dinner Roll (1 oz.) Carrot Coins Broccoli Florets w/cheese Asst. Fruit & Milk 674 kcal, 21 g Fat	Hamburger/Cheeseburger Asst. Condiments Romaine Burger Salad Potato Smiles Dreamy Pears or Asst. Fruit & Milk 661 kcal, 24 g Fat	Baked Tostito Scoops w/Beef & Cheese Sauce Seasoned Pinto Beans Golden Corn Fruited Gelatin Pears or Asst. Fruit & Milk 726 kcal, 20 g Fat	Beef BBQ on WG Bun Breaded Onion Rings w/ketchup Carrot Coins Asst. Fruit & Milk 605 kcal, 14 g Fat
25 Mini Pancakes	26 Grilled Cheese Sandwich	27 All American Parfait & Cheerios Cereal Bar	28 Cheese Stuffed Sandwich	29 Breakfast Slider
Teriyaki Chicken w/sauce Steamed Vegetable WG Rice Egg Roll & Fortune Cookie Broccoli w/mushrooms Carrot Coins Asst. Fruit & Milk 477 kcal, 10 g Fat	Mini Pizza Bagels or Sliced Pepperoni Pizza Romaine & Tomato Salad w/ranch dressing Golden Corn Asst. Fruit & Milk 560 kcal, 15 g Fat	Hamburger/Cheeseburger Asst. Condiments Romaine Burger Salad Oven Baked Tator Tots Asst. Fruit & Milk 660 kcal, 25 g Fat	Cheese Enchiladas with Meat Sauce Romaine & Tomato Salad WG Spanish Rice Refried Pinto Beans Asst. Fruit & Milk 634 kcal, 15 g Fat	WG Fish & Cheese Nuggets Homemade Macaroni & Cheese Green Peas Golden Corn Fruited Gelatin Pears or Asst. Fruit & Milk 613 kcal, 18 g Fat

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