



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

## January 2018 Grades K-5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<i>Christmas Holiday Break December 25 - January 8</i>				
8	9	10	11	12
	Power Up Breakfast Sandwich	White/Chocolate Conchas	Beef Tamales	Mandarin Orange & Straw. Parfait w/Cinn. Gripz Crackers
	Chicken Tender Strips w/ketchup or SS Sauce WG Dinner Roll, 1 oz. Cinnamon Glazed Carrots Green Peas Dreamy Pears <i>472 kcal, 13 g Fat</i>	Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Mango Fruit Smoothie <i>598 kcal, 18 g Fat</i>	Carne Guisada w/Corn Tortillas Homemade Fideo Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch dressing <i>567 kcal, 9 g Fat</i>	Turkey Ham & Cheese on Hoagie Bun <i>mustard, mayo</i> Romaine Burger Salad Fresh Baby Carrots w/ranch RF Dorito Chips <i>566 kcal, 11 g Fat</i>
15	16	17	18	19
Breakfast Easy Meal Break	Pepperoni & Cheese Pizza Stick	Mini French Toast Berry Flavor	Biscuit with Breaded Chicken Patty	Blueberry Muffin
Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac. & Cheese Steamed Broccoli Dill Seasoned Carrots <i>560kcal, 16 g Fat</i>	Spaghetti with Meat Balls & HM Spaghetti Sauce Cheese Filled Breadstick Romaine & Cherry Tomato Salad w/ranch dressing Italian Vegetables <i>636 kcal, 19 g Fat</i>	Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Fruit Smoothie <i>560 kcal, 18 g Fat</i>	Chicken & Cheese Quesadilla Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Seasoned Pinto Beans <i>636 kcal, 22 g Fat</i>	Pizza Cheese Crunchers w/Marinara Sauce Edamame & Corn Vegetables Fresh Baby Carrots w/ranch dressing <i>606 kcal, 20 g Fat</i>
22	23	24	25	26
Triple Cherry Yogurt & Chewy Granola Bar	Kolache	Spiced Bread	Potato & Chorizo Taquito	Toaster Pastry Brown Cinnamon
Salisbury Steak w/gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots <i>547 kcal, 15 g Fat</i>	Breaded Chicken Drumstick Homemade Mac. & Cheese Broccoli & Cauliflower Seasoned Ranch Beans <i>472 kcal, 10 g Fat</i>	Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Potato Smiles Mango Fruit Smoothie <i>573 kcal, 19 g Fat</i>	Beef, Bean & Cheese Burrito Homemade Fideo Golden Corn Romaine & Diced Tomato Salad w/ranch dressing <i>664 kcal, 19 g Fat</i>	Clux Delux Chicken Burger <i>mustard, mayo, ketchup</i> Fresh Baby Carrots w/ranch dressing Seasoned Potato Wedges <i>635 kcal, 17 g Fat</i>
29	30	31		
Asst. Cereal Bowl, 2 oz.	Mini Pancakes Maple Burst	WW Empanada		
Tangy Lemon Chicken w/Steamed Rice & Veg. Oriental Vegetables Dill Seasoned Carrots Fortune Cookie <i>518 kcal, 8 g Fat</i>	Clux Delux Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Malibu Vegetables Garlic Roasted Red Potatoes <i>562 kcal, 12 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Fruit Smoothie <i>567 kcal, 19 g Fat</i>	Turkey Ham & Cheese Sandwich and Chef Salads are offered on daily basis	Breakfast is served with 100% fruit juices & variety of fresh fruits  Breakfast & Lunch include choice of 1% or skim milk

*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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