



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

Middle School Breakfast & Lunch Menu

January 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<h2 style="margin: 0;">Christmas Holiday Break</h2> <h3 style="margin: 0;">December 25 - January 8</h3>				
8	9	10	11	12
	Power Up Breakfast Sandwich Chicken Tender Strips w/ketchup or SS Sauce WG Dinner Roll, 1 oz. Cinnamon Glazed Carrots Green Peas Dreamy Pears <i>560 kcal, 14 g Fat</i>	White/Chocolate Conchas Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Mango Fruit Smoothie <i>613 kcal, 19 g Fat</i>	Beef Tamales Carne Guisada w/Corn Tortillas Homemade Fideo Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch dressing <i>619 kcal, 12 g Fat</i>	Mandarin Orange & Straw. Parfait w/Cinn. Gripz Crackers Turkey Ham & Cheese on Hoagie Bun <i>mustard, mayo</i> Romaine Burger Salad Fresh Baby Carrots w/ranch Tostito Scoops <i>589 kcal, 12 g Fat</i>
15	16	17	18	19
Breakfast Easy Meal Break Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac. & Cheese Steamed Broccoli Dill Seasoned Carrots <i>598 kcal, 16 g Fat</i>	Pepperoni & Cheese Pizza Sticks Spaghetti with Meat Balls & HM Spaghetti Sauce Cheese Filled Breadstick Romaine & Cherry Tomato Salad w/ranch dressing Italian Vegetables <i>648 kcal, 20 g Fat</i>	French Toast Sticks w/syrup Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Fruit Smoothie <i>594 kcal, 20 g Fat</i>	Biscuit with Breaded Chicken Patty Chicken & Cheese Quesadilla Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Beans a la Charra <i>716 kcal, 20 g Fat</i>	Banana Muffin Pizza Cheese Crunchers w/Marinara Sauce WG Garlic Toast Edamame & Corn Vegetables Fresh Baby Carrots w/ranch dressing <i>686 kcal, 24 g Fat</i>
22	23	24	25	26
Greek Yogurt with Chewy Granola Bar Salisbury Steak w/gravy WG Dinner Roll, 1 oz. Cinnamon Glazed Carrots Mashed Potatoes w/brown gravy <i>479 kcal, 10 g Fat</i>	Cheese Kolache Breaded Chicken Drumstick Homemade Mac. & Cheese Broccoli & Cauliflower Seasoned Ranch Beans <i>608 kcal, 16 g Fat</i>	Chia Oatmeal Strawberry Bar Hamburger OR Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Seasoned Potato Wedges Mango Fruit Smoothie <i>604 kcal, 19 g Fat</i>	Potato & Chorizo Taquito Beef, Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn <i>627 kcal, 18 g Fat</i>	Homemade Grilled Cheese Sandwich Clux Delux Chicken Burger OR Spicy Chicken Burger <i>mustard, mayo, ketchup</i> w/ranch dressing Romaine Burger Salad Baby Carrots w/ranch <i>648 kcal, 19 g Fat</i>
29	30	31		
Creamy Oatmeal w/ Cinn. Gripz Crackers Tangy Lemon Chicken w/Steamed Rice & Veg. Oriental Vegetables Dill Seasoned Carrots Fortune Cookie <i>547 kcal, 8 g Fat</i>	Mini Pancakes Maple Burst Clux Delux Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Malibu Vegetables Garlic Roasted Red Potatoes <i>559 kcal, 13 g Fat</i>	Kolache Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Fruit Smoothie <i>636 kcal, 22 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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