



Edinburg C.I.S.D. Child Nutrition Department Middle School Breakfast & Lunch Menu November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Turkey Ham & Cheese Sandwiches 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	Chia Oatmeal Strawberry Bar	Potato & Chorizo Taquito	Homemade Grilled Cheese Sandwich
		4	5	6
Turkey Ham & Cheese Sandwiches 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	Hamburger/Cheeseburger <i>mustard, mayo & ketchup</i> Romaine Burger Salad Seasoned Potato Wedges Mango Fruit Smoothie <i>646 kcal, 21 g Fat</i>	Beef, Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn <i>660 kcal, 17 g Fat</i>	Clux Delux Chicken Burger OR Spicy Brd. Chicken Burger <i>mustard & mayo</i> Romaine Burger Salad Baby Carrots w/ranch <i>658 kcal, 17 g Fat</i>
6	7	8	9	10
Creamy Oatmeal & Cinn. Gripz Grahams	Mini Pancakes Maple Burst	Kolache	Biscuit w/Pork Sausage Patty	Banana Muffin
Tangy Lemon Chicken w/Steamed Rice & Veg. Fortune Cookie Oriental Mixed Vegetables Dill Seasoned Carrots <i>560 kcal, 9 g Fat</i>	Clux Delux Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Garlic Red Potatoes Malibu Vegetables <i>555 kcal, 13 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Fruit Smoothie <i>621 kcal, 22 g Fat</i>	Cheese Enchiladas with Meat Sauce Spanish Rice Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch dressing <i>722 kcal, 16 g Fat</i>	Pepperoni Pizza, 4x6 <i>parmesan cheese (opt)</i> Steamed Broccoli w/cheese sauce Fresh Baby Carrots w/ranch dressing <i>650 kcal, 20 g Fat</i>
13	14	15	16	17
Cinnamon Swirl Breakfast Bun	Power Up Breakfast Sandwich	WW Conchas	Beef Tamales	Mandarin Orange & Straw. Parfait & Cinn. Gripz Crackers
Beef Fingers w/country gravy Garlic Toast Quick Baked Potato Mixed Vegetables <i>600 kcal, 18 g Fat</i>	Chicken Tender Strips w/ <i>ketchup</i> or <i>SS Sauce</i> WG Dinner Roll, 1 oz. Green Peas Cinnamon Glazed Carrots <i>500 kcal, 13 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Mango Fruit Smoothie <i>664 kcal, 23 g Fat</i>	Turkey w/gravy Cornbread Dressing WG Dinner Roll, 1 oz. Seasoned Green Beans Mashed Potatoes w/gravy Pumpkin Pie <i>838 kcal, 19 g Fat</i>	Turkey Ham & Cheese on Hoagie Bun <i>mustard & mayo</i> Romaine Burger Salad Baby Carrots w/ranch dressing RF Dorito Chips <i>703 kcal, 16 g Fat</i>
20	21	22	23	24
<h2 style="margin: 0;">Thanksgiving Holiday Break November 20 - 24, 2017</h2>				
27	28	29	30	
Greek Vanilla Yogurt & Chewy Granola Bar	Cheese Kolache	Chia Oatmeal Strawberry Bar	Potato & Chorizo Taquito	
Salisbury Steak w/gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots <i>502 kcal, 11 g Fat</i>	Breaded Chicken Drumstick Homemade Mac. & Cheese Broccoli & Cauliflower Seasoned Ranch Beans <i>691 kcal, 21 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Mango Fruit Smoothie <i>646 kcal, 21 g Fat</i>	Beef, Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn <i>660 kcal, 17 g Fat</i>	Menus are subject to change due to product availability

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