



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

## Elementary Breakfast & Lunch Menu

### October 2017 Grades K-5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Triple Cherry Yogurt & Chewy Granola Bar Salisbury Steak w/gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots <i>483 kcal, 10 g Fat</i>	<b>3</b> Kolache WG Breaded Chicken Drumstick Homemade Mac & Cheese Broccoli & Cauliflower Seasoned Ranch Style Beans <i>599 kcal, 17 g Fat</i>	<b>4</b> WW Spiced Bread Hamburger/Cheeseburger <i>mustard, mayo &amp; ketchup</i> Romaine Burger Salad Potato Smiles Mango Fruit Smoothie <i>581 kcal, 18 g Fat</i>	<b>5</b> Potato & Chorizo Taquito Beef, Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn <i>773 kcal, 20 g Fat</i>	<b>6</b> Toaster Pastry Strawberry Flavor Clux Delux Chicken Burger <i>mustard, mayo, ketchup</i> Seasoned Potato Wedges Fresh Baby Carrots w/ranch dressing <i>670 kcal, 17 g Fat</i>
<b>9</b> Asst. Cereal Bowl, 2 oz. Tangy Lemon Chicken w/Steamed Rice & Veg. Fortune Cookie Oriental Mixed Vegetables Dill Seasoned Carrots <i>519 kcal, 9 g Fat</i>	<b>10</b> Mini Pancakes Maple Burst Clux Delux Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Malibu Vegetables Garlic Roasted Red Potatoes <i>581 kcal, 13 g Fat</i>	<b>11</b> WW Empanada Hamburger/Cheeseburger <i>mustard, mayo &amp; ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Strawberry Fruit Smoothie <i>553 kcal, 19 g Fat</i>	<b>12</b> Biscuit w/Pork Sausage Patty Cheese Enchiladas with Meat Sauce Spanish Rice Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch dressing <i>690 kcal, 14 g Fat</i>	<b>13</b> WW Banana Muffin Pepperoni Pizza <i>parmesan cheese (opt)</i> Steamed Broccoli w/cheese Fresh Baby Carrots w/ranch dressing <i>605 kcal, 19 g Fat</i>
<b>16</b> Cinnamon Swirl Breakfast Bun Breaded Beef Fingers w/country gravy WG Garlic Toast Mashed Potatoes w/gravy Mixed Vegetables <i>566 kcal, 16 g Fat</i>	<b>17</b> Power Up Breakfast Sandwich Chicken Tender Strips <i>w/ketchup or SS Sauce</i> WG Dinner Roll, 1 oz. Green Peas Cinnamon Glazed Carrots <i>489 kcal, 13 g Fat</i>	<b>18</b> WW Conchas Hamburger/Cheeseburger <i>mustard, mayo &amp; ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Mango Fruit Smoothie <i>564 kcal, 19 g Fat</i>	<b>19</b> Beef Tamales Carne Guisada w/Corn Tortillas Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Seasoned Pinto Beans <i>739 kcal, 12 g Fat</i>	<b>20</b> Mandarin Orange & Straw. Parfait & Cinn. Gripz Crackers Turkey Ham & Cheese Hoagie <i>mustard, mayo</i> Romaine Burger Salad Fresh Baby Carrots w/ranch RF Dorito Chips <i>688 kcal, 17 g Fat</i>
<b>23</b> Breakfast Easy Meal Break Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac & Cheese Steamed Broccoli Dill Seasoned Carrots <i>655 kcal, 20 g Fat</i>	<b>24</b> Pepperoni & Cheese Pizza Stick Spaghetti with Meat Sauce & HM Spaghetti Sauce Cheese Filled Breadstick Italian Mixed Vegetables Romaine & Cherry Tomato Salad w/ranch dressing <i>638 kcal, 18 g Fat</i>	<b>25</b> Mini French Toast Berry Flavor Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Strawberry Fruit Smoothie <i>579 kcal, 20 g Fat</i>	<b>26</b> Biscuit w/Brd. Chicken Patty Chicken & Cheese Quesadilla Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Seasoned Pinto Beans <i>741 kcal, 25 g Fat</i>	<b>27</b> WW Blueberry Muffin Pizza Cheese Crunchers w/Marinara Sauce Edamame & Corn Veg. Blend Fresh Baby Carrots w/ranch dressing <i>655 kcal, 21 g Fat</i>
<b>30</b> Triple Cherry Yogurt & Chewy Granola Bar Salisbury Steak w/gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots <i>483 kcal, 10 g Fat</i>	<b>31</b> Kolache WG Breaded Chicken Drumstick Homemade Mac & Cheese Broccoli & Cauliflower Seasoned Ranch Style Beans <i>599 kcal, 17 g Fat</i>	Breakfast is served <i>with 100% fruit juices &amp;</i> <i>variety of fresh fruits</i> Breakfast & Lunch include choice of 1% or skim milk	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. Menus are subject to change due to product availability.

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