



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

## Middle School Breakfast & Lunch Menu

### October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Greek Vanilla Yogurt & Chewy Granola Bar  Salisbury Steak w/brown gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots  <i>501 kcal, 11 g Fat</i>	<b>3</b> Cheese Kolache  WG Breaded Chicken Drumstick Homemade Mac. & Cheese Broccoli & Cauliflower Seasoned Ranch Style Beans  <i>641 kcal, 18 g Fat</i>	<b>4</b> Chia Oatmeal Strawberry Bar  Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Seasoned Potato Wedges Mango Fruit Smoothie  <i>646 kcal, 21 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>660 kcal, 17 g Fat</i>	<b>6</b> Homemade Grilled Cheese Sandwich  Clux Delux Chicken Burger OR Spicy Brd. Chicken Burger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Fresh Baby Carrots w/ranch dressing  <i>658 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>560 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>555 kcal, 13 g Fat</i>	<b>11</b> Kolache  Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Strawberry Fruit Smoothie  <i>621 kcal, 22 g Fat</i>	<b>12</b> Biscuit w/Pork Sausage Patty  Cheese Enchiladas with Meat Sauce Spanish Rice Romaine & Diced Tomato Salad w/ranch dressing Seasoned Pinto Beans  <i>722 kcal, 16 g Fat</i>	<b>13</b> WW Banana Muffin  Pepperoni Pizza, 4x6 <i>parmesan cheese (opt)</i> Steamed Broccoli with cheese sauce Fresh Baby Carrots w/ranch dressing  <i>650 kcal, 20 g Fat</i>
<b>16</b> Cinnamon Swirl Breakfast Bun  Breaded Beef Fingers w/country gravy WG Garlic Toast Mixed Vegetables Quick Baked Potato  <i>617 kcal, 19 g Fat</i>	<b>17</b> Power Up Breakfast Sandwich  Chicken Tender Strips w/ <i>ketchup or SS Sauce</i> WG Dinner Roll, 1 oz. Green Peas Cinnamon Glazed Carrots  <i>500 kcal, 13 g Fat</i>	<b>18</b> WW Conchas  Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Mango Fruit Smoothie  <i>669 kcal, 23 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>733 kcal, 11 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>707 kcal, 16 g Fat</i>
<b>23</b> Breakfast Easy Meal Break  Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac. & Cheese Steamed Broccoli w/cheese sauce Dill Seasoned Carrots  <i>677 kcal, 20 g Fat</i>	<b>24</b> Pepperoni & Cheese Pizza Stick  Spaghetti w/Meat Sauce & HM Spaghetti Sauce Cheese Filled Breadstick Italian Mixed Vegetables Romaine & Diced Tomato Salad w/ranch dressing  <i>706 kcal, 19 g Fat</i>	<b>25</b> French Toast Sticks w/syrup  Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tatar Tots Strawberry Fruit Smoothie  <i>622 kcal, 22 g Fat</i>	<b>26</b> Biscuit w/Brd. Chicken Patty  Chicken & Cheese Quesadillas Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Seasoned Pinto Beans  <i>831 kcal, 21 g Fat</i>	<b>27</b> WW Blueberry Muffin  Pizza Cheese Crunchers w/ <i>Marinara Sauce</i> WG Garlic Toast Edamame & Corn Veg. Blend Fresh Baby Carrots w/ranch dressing  <i>702 kcal, 23 g Fat</i>
<b>30</b> Greek Vanilla Yogurt & Chewy Granola Bar  Salisbury Steak w/brown gravy WG Dinner Roll, 1 oz. Mashed Potatoes w/brown gravy Cinnamon Glazed Carrots  <i>507 kcal, 11 g Fat</i>	<b>31</b> Cheese Kolache  Oven Roasted Chicken w/BBQ OR Breaded Drumstick Homemade Mac. & Cheese Broccoli & Cauliflower Seasoned Ranch Style Beans  <i>691 kcal, 21 g Fat</i>	Breakfast is served with <i>100% fruit juices &amp; 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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