



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

Elementary Breakfast & Lunch Menu

September 2017 Grades K-5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Blueberry Muffin
Breakfast is served with 100% fruit juices & variety of fresh fruits Breakfast & Lunch include choice of 1% or skim milk	<i>Menus are subject to change due to product availability</i>			Pizza Cheese Crunchers w/Marinara Sauce Edamame & Corn Blend Fresh Baby Carrots w/ranch dressing
4 Triple Cherry Yogurt & Chewy Granola Bar	5 Kolache	6 Spiced Bread	7 Potato & Chorizo Taquito	8 Brown Sugar Toaster Pastry
Salisbury Steak w/gravy Dinner Roll, 1 oz. Mashed Potatoes w/gravy Orange Cinnamon Glazed Carrots <i>483 kcal, 10 g Fat</i>	Breaded Chicken Drumstick Homemade Mac & Cheese Broccoli & Cauliflower Seasoned Ranch Beans <i>599 kcal, 17 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Potato Smiles Mango Smoothie <i>581 kcal, 18 g Fat</i>	Beef, Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn <i>663 kcal, 18 g Fat</i>	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>
11 Asst. Cereal Bowl	12 Mini Maple Pancakes	13 Empanada	14 Biscuit w/ Pork Sausage Patty	15 Banana Muffin
Tangy Lemon Chicken w/Steamed Rice and Veg. Fortune Cookie Oriental Mixed Vegetables Dill Seasoned Carrots <i>519 kcal, 9 g Fat</i>	Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Malibu Mixed Vegetables Garlic Roasted Red Potatoes <i>581 kcal, 13 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Smoothie <i>553 kcal, 19 g Fat</i>	Cheese Enchiladas w/Sauce Spanish Rice Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch dressing <i>675 kcal, 13 g Fat</i>	Pepperoni Pizza Parmesan Cheese (<i>opt</i>) Steamed Broccoli w/Cheese Sauce Baby Carrots w/ranch <i>605 kcal, 19 g Fat</i>
18 Cinnamon Swirl Breakfast Bun	19 Power Upz Breakfast Sandwich	20 White/Chocolate Concha	21 Beef Tamales	22 Fruited Yogurt Parfait w/Cinnamon Crackers
Breaded Beef Fingers w/country gravy Garlic Toast Mashed Potatoes w/gravy Mixed Vegetables <i>566 kcal, 16 g Fat</i>	Chicken Tender Strips w/ketchup or SS Sauce WG Dinner Roll, 1 oz. Green Peas Cinnamon Glazed Carrots <i>489 kcal, 13 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Mango Smoothie <i>564 kcal, 19 g Fat</i>	Carne Guisada w/Corn Tortillas Homemade Fideo Romaine & Diced Tomato Salad w/ranch Seasoned Pinto Beans <i>624 kcal, 9 g Fat</i>	Turkey Ham & Cheese Hoagie <i>mustard, mayo</i> Romaine Burger Salad Baby Carrots w/ranch RF Dorito Chips <i>688 kcal, 17 g Fat</i>
25 Breakfast Easy Meal Break	26 Pepperoni & Cheese Pizza Stick	27 Mini French Toast Berry	28 Biscuit with Breaded Chicken Patty	29 Banana Muffin
Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac & Cheese Steamed Broccoli Dill Seasoned Carrots <i>656 kcal, 20 g Fat</i>	Spaghetti with Meat Balls & HM Spaghetti Sauce Cheese Filled Breadstick Italian Mixed Vegetables Romaine & Cherry Tomato Salad w/ranch dressing <i>570 kcal, 12 g Fat</i>	Hamburger/Cheeseburger <i>mustard, mayo, ketchup</i> Romaine Burger Salad Oven Baked Tater Tots Strawberry Smoothie <i>579 kcal, 20 g Fat</i>	Chicken Quesadilla w/shredded cheese Homemade Fideo Seasoned Pinto Beans Romaine & Diced Tomato Salad <i>677 kcal, 24 g Fat</i>	Pizza Cheese Crunchers w/Marinara Sauce Edamame & Corn Blend Fresh Baby Carrots w/ranch dressing <i>664 kcal, 22 g Fat</i>

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