



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

## Middle School Breakfast & Lunch Menu

### September 2017



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 WG Garlic Toast Edamame & Corn Blend Fresh Baby Carrots w/ranch dressing <i>724 kcal, 24 g Fat</i>
4 Greek Vanilla Yogurt & Chewy Granola Bar	5 Cheesy Kolache	6 Chia Oatmeal Bar	7 Potato & Chorizo Taquito	8 HM Grilled Cheese Sandwich
Salisbury Steak w/gravy Dinner Roll, 1 oz. Mashed Potatoes w/gravy Cinnamon Glazed Carrots  <i>499 kcal, 11 g Fat</i>	BBQ Oven Roasted Chicken w/BBQ Sauce Homemade Mac & Cheese Broccoli & Cauliflower Seasoned Ranch Beans  <i>637 kcal, 18 g Fat</i>	Hamburger/Cheeseburger mustard, mayo, ketchup Romaine Burger Salad Seasoned Potato Wedges Mango Smoothie  <i>642 kcal, 21 g Fat</i>	Bean & Cheese Burrito Homemade Fideo Romaine & Diced Tomato Salad w/ranch dressing Golden Corn  <i>661 kcal, 17 g Fat</i>	Clux Delux Chicken Burger mustard, mayo, ketchup Romaine Burger Salad Fresh Baby Carrots w/ranch dressing  <i>647 kcal, 14 g Fat</i>
11 Asst. Cereal Bowl	12 Mini Maple Pancakes	13 Kolache	14 Biscuit w/Pork Sausage Patty	15 Chocolate Muffin
Tangy Lemon Chicken w/Steamed Rice and Veg. Fortune Cookie Oriental Mixed Vegetables Dill Seasoned Carrots  <i>545 kcal, 9 g Fat</i>	Clux Delux Sweet Glazed Chicken Chunks WG Dinner Roll, 1 oz. Malibu Vegetables Garlic Roasted Red Potatoes  <i>555 kcal, 13 g Fat</i>	Hamburger/Cheeseburger mustard, mayo, ketchup Romaine Burger Salad Oven Baked Tater Tots Strawberry Smoothie  <i>621 kcal, 22 g Fat</i>	Cheese Enchiladas w/Sauce Spanish Rice Seasoned Pinto Beans Romaine & Diced Tomato Salad w/ranch  <i>711 kcal, 14 g Fat</i>	Pepperoni Pizza Parmesan Cheese (opt) Steamed Broccoli w/Cheese Sauce Fresh Baby Carrots w/ranch  <i>658 kcal, 20 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 Gripz Crackers
Breaded Beef Fingers w/country gravy Garlic Toast Mixed Vegetables Quick Baked Potato  <i>617 kcal, 19 g Fat</i>	Chicken Tender Strips w/ketchup or SS Sauce WG Dinner Roll, 1 oz. Green Peas Cinnamon Glazed Carrots  <i>500 kcal, 13 g Fat</i>	Hamburger/Cheeseburger mustard, mayo, ketchup Romaine Burger Salad Oven Baked Tater Tots Mango Smoothie  <i>669 kcal, 23 g Fat</i>	Carne Guisada w/Corn Tortillas Homemade Fideo Romaine & Diced Tomato Salad w/ranch Seasoned Pinto Beans  <i>652 kcal, 19 g Fat</i>	Turkey Ham & Cheese Hoagie mustard, mayo Romaine Burger Salad Fresh Baby Carrots w/ranch RF Dorito Chips  <i>714 kcal, 16 g Fat</i>
25 Breakfast Easy Meal Break	26 Pepperoni & Cheese Pizza Stick	27 French Toast Sticks w/syrup	28 Biscuit with Breaded Chicken Patty	29 Banana Muffin
Clux Delux Chicken Chunks w/BBQ Sauce Homemade Mac & Cheese Steamed Broccoli w/cheese Dill Seasoned Carrots  <i>693 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>696 kcal, 21 g Fat</i>	Hamburger/Cheeseburger mustard, mayo, ketchup Romaine Burger Salad Oven Baked Tater Tots Strawberry Smoothie  <i>622 kcal, 22 g Fat</i>	Chicken Quesadillas w/shredded cheese Homemade Fideo Beans a la Charra Golden Corn  <i>767 kcal, 19 g Fat</i>	Pizza Cheese Crunchers w/Marinara Sauce WG Garlic Toast Edamame & Corn Blend Fresh Baby Carrots w/ranch dressing  <i>720 kcal, 23 g Fat</i>

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