

April 2023



Weslaco Independent School District

Middle and High School Breakfast Menu

Monday

3

Assorted Cereal – G
Spring Grahams – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

10

Weather Day
No Class

17

Assorted Cereal – G
Tiger Bite Grahams – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

24

Banana Bread Slice – G
Brkft. Sausage Patty – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

Tuesday

4

Pig In A Blanket – S
Tiger Bites – G
Apple Juice – G
Fresh Grapes – G
Assorted Milk – G

11

Assorted Cereal – G
Tiger Bite Grahams – G
Orange Juice – G
Orange Raisels – G
Assorted Milk – G

18

Pancake On A Stick – S
Apple Juice – G
Fresh Grapes – G
Assorted Milk – G

25

Pig In A Blanket – S
Cinnamon Goldfish
Grahams – G
Apple Juice – G
Fresh Grapes – G
Assorted Milk – G

Wednesday

5

Mini Blueberry Loaf – G
Brkft. Sausage Patty – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

12

Banana Muffin – G
Brkft. Sausage Patty – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

19

Warm Empanada – S
Cheese Stick – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

26

Warm Concha – S
Low Fat Yogurt – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

Thursday

6

Strawberry
Pancake Bowl – S
Apple Juice – G
Apple Slices – G
Assorted Milk – G

13

Pancake – G
Brkft. Chicken Patty – G
Syrup – S
Apple Juice – G
Fresh Apple Slices – G
Assorted Milk – G

20

Pig In A Blanket – S
Cinnamon
Bear Grahams – G
Apple Juice – G
Fresh Apple Slices – G
Assorted Milk – G

27

Warm Tamales – W
Apple Juice – G
Fresh Apple Slices – G
Assorted Milk – G

Friday

7

Good Friday
No Class

14

Warm Concha – S
Cheese Stick – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

21

Cherry Muffin – G
Low Fat Yogurt – G
Orange Juice – G
Seasonal Fresh Fruit – G
Assorted Milk – G

28

Cinnamon Toast
Crunch Bar – S
Cheese Stick – G
Orange Juice – G
Lemon Raisels – G
Assorted Milk – G

Harvest
of the
Month

broccoli

DID YOU KNOW?

Broccoli is an excellent source of vitamins C and K, and it is a good source of vitamin A and potassium.



Choice of Low Fat or Skim Milk (flavored and unflavored) offered daily
100% Juice and Fresh Fruit offered daily for Breakfast
To make a complete meal students must take ½ cup fruit or ½ cup vegetable

(G) – GO foods - are foods that you can eat “almost anytime”. These foods are the lowest in fat.

(S) – SLOW foods - are “sometimes foods” – foods that you can eat maybe a few times a week. These foods are higher in fat.

(W) – WHOA foods - are “once in a while foods” – foods that you can eat on occasion, but need to be combined with other GO foods. These foods are highest in fat.

This institution is an equal opportunity provider.

Menu subject to change due to deliveries, etc...



Did you know?

April is the best month of the year to look up to the skies and watch meteor showers!