

February 2024

Weslaco Independent School District Pre-Kinder Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Groundhog Day, celebrated on February 2nd, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last another six weeks. If there was no shadow, spring would come early.

5
Assorted Cereal – G
All Star Sport
Grahams – G
Orange Juice – S
1% White Milk – G

6
Morning Sausage Roll – S
Fresh Grapes – G
1% White Milk – G

7
Mini Blueberry Loaf – S
Breakfast Sausage Patty – S
Orange Juice – S
1% White Milk – G

1
Tamales – W
Fresh Apple Slices – G
1% White Milk – G

2
Banana Mini Loaf – S
Low Fat Yogurt – G
Orange Juice – S
1% White Milk – G

12
Weather Make-Up
Day
No Classes

13
Morning Sausage Roll – S
Fresh Grapes – G
1% White Milk – G

14
Banana Muffin – S
Low Fat Yogurt – G
Orange Juice – S
1% White Milk – G

15
Waffle – G
Breakfast Chicken Patty – S
Syrup – W
Fresh Apple Slices – G
1% White Milk – G

16
Assorted Cereal – G
Goldfish Grahams – G
Orange Juice – S
1% White Milk – G

19
Assorted Cereal – G
Tiger Bites – G
Orange Juice – S
1% White Milk – G

20
Pancake – G
Breakfast Sausage Patty – S
Syrup – W
Fresh Grapes – G
1% White Milk – G

21
Assorted Cereal – G
Goldfish Grahams – G
Orange Juice – S
1% White Milk – G

22
Morning Sausage Roll – S
Fresh Apple Slices – G
1% White Milk – G

23
Professional
Learning
Community Day
No Classes

26
Assorted Cereal – G
Goldfish Grahams – G
Orange Juice – S
1% White Milk – G

27
Morning Sausage Roll – S
Fresh Grapes – G
1% White Milk – G

28
Waffles – G
Syrup – W
Orange Juice – S
1% White Milk – G

29
Tamales – W
Fresh Apple Slices – G
1% White Milk – G

Harvest of the Month

Red Leaf Lettuce



(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.

Choice of Low Fat or Skim Milk
(flavored and unflavored)
offered daily

To make a complete
meal students
must take ½ cup fruit or
½ cup vegetable

This institution
is an
equal opportunity
provider.
Menu subject to change
due to deliveries, etc...

February 2024

Weslaco Independent School District Pre-Kinder Lunch Menu

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Friday

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5
Pepperoni Pizza – S
Seasoned Corn – S
Assorted Fruit Cup – S
1% White Milk – G

6
Breaded
Chicken Drumstick – S
Cornbread – G
Zesty Lemon Broccoli – G
Seasonal Fresh Fruit – G
1% White Milk – G

7
Turkey/Cheese
Hoagie – S
Cucumber Slices – G
Assorted Fruit Cup – S
1% White Milk – G

8
Nacho Deluxe – S
Cheese Sauce – S
Charro Beans – G
Seasonal Fresh Fruit – G
1% White Milk – G

9
Chicken Strips – S
Sliced Wheat Bread – G
Tossed Salad, LF Dressing – G
Assorted Fruit Cup – S
1% White Milk – G

12
Weather Make-Up
Day
No Classes

13
Pollo Guisado – G
Warm Wheat Tortilla – G
Seasoned Pinto Beans – G
Seasonal Fresh Fruit – G
1% White Milk – G

14
Grilled Cheese
Sandwich – S
Potato Smiles – S
Assorted Fruit Cup – S
1% White Milk – G
Heart Graham Crackers

15
Rotini Pasta w/
Meatballs – S
Warm Breadstick – G
Zesty Broccoli – S
Seasonal Fresh Fruit – G
1% White Milk – G

16
Bean & Cheese Burrito-S
Carrots Sticks – G
Assorted Fruit Cup – S
1% White Milk – G

19
Pepperoni Pizza – S
Steamed Broccoli – G
Assorted Fruit Cup – S
1% White Milk – G

20
Frito Pie – W
Cornbread – G
Taco Salad – G
Seasonal Fresh Fruit – G
1% White Milk – G

21
Chicken Burger – G
Tater Tots – S
Assorted Fruit Cup – S
1% White Milk – G

22
Chicken Fajitas – G
Corn Tortillas-G
Charro Beans – G
Seasonal Fresh Fruit – G
1% White Milk – G

23
Professional
Learning
Community Day
No Classes

26
Pepperoni Pizza – S
Steamed Broccoli – G
Assorted Fruit Cup – S
1% White Milk – G

27
BBQ Mesquite Chicken – G
Warm Bread Stick – G
Whipped Potatoes – S
Seasonal Fresh Fruit – G
1% White Milk – G

28
Chicken Nuggets – G
Sliced Wheat Bread – G
Seasoned Curly Fries – S
Assorted Fruit Cup – G
1% White Milk – G

29
Beef/Cheese
Enchiladas – W
Pinto Beans – G
Seasonal Fresh Fruit – G
1% White Milk – G

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