



Breakfast and Lunch Menu August 19 to August 23, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, Cinnamon roll, fresh fruit , fat-free or low-fat milk.	Marinara meatballs, pasta, steamed broccoli, baby carrots, cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, waffles topped with light syrup, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Breaded chicken tenders, mashed potatoes, steamed carrots, green beans & corn, fresh fruit and 100% apple juice, fat-free or low-fat milk
WEDNESDAY	Ham & Cheese empanada, fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat bun, American cheese (grades 9-12), French fries, shredded iceberg lettuce & tomato mixed salad, mustard & ketchup,, fresh fruit, fat-free or low-fat milk.
THURSDAY	Whole grain cereal, cheese croquettes, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat cheese pizza, chopped romaine lettuce, iceberg lettuce (grades 9-12) & carrot, radish & cabbage & croutons (grades 9-12) mixed salad, topped with low fat dressing, 100% orange juice and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donut, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Pork chunks, yellow rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.

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