



Breakfast and Lunch Menu September 16 to September 20, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, Cuban pastry guava & cheese, fresh fruit, fat-free or low-fat milk.	Italian meatballs in tomato sauce, pasta, steamed broccoli, carrots, & cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, waffles topped with light syrup, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Chicken chunks, mashed potatoes, steamed curly carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese empanada, fresh fruit, fat-free or low-fat milk.	Beef burger on a wholewheat 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	Wholegrain cereal, french toast topped with light syrup, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Wholewheat 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, & fat-free or low-fat milk.
FRIDAY	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Ground pork in cuban sauce, rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.

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