



# Breakfast and Lunch Menu October 14 to October 18, 2024



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Ham and cheese jumbo tequeños, fresh fruit, fat-free or low-fat milk.	Pork chunks, rice, black beans, and sweet plantains, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Whole wheat grain cereal, pancakes topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Breaded chicken tenders, mashed potatoes, steamed peas and carrots, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	Whole grain cereal, guava and cheese tequeños, fresh fruit, and 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.
<b>FRIDAY</b>	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	100% beef hot dogs, whole wheat bun, waffle fries, coleslaw salad, fresh fruit, fat-free or low-fat milk.

*This institution is an equal opportunity provider.*