



Breakfast and Lunch Menu October 21 to October 25, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, bagel with cream cheese., fresh fruit, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, steamed broccoli, carrots, and cauliflower, fresh fruit, and fat-free or low-fat milk.
TUESDAY	Whole wheat cereal, cinnamon roll, fresh fruit, 100% apple juice, and fat-free or low-fat milk.	Breaded chicken nuggets, mashed potatoes, steamed peas and carrots, fresh fruit, and 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	Whole grain cereal, cheese tequeños, fresh fruit, 100% apple juice, and 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.	Chicken breast fillet sandwich on a whole wheat bun, tater tots, tomato slices, shredded lettuce, fresh fruit, and fat-free or low-fat milk.

This institution is an equal opportunity provider.