



Breakfast and Lunch Menu November 18 to November 22, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, Guava & Cheese Cuban Pastry, fresh fruit, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, garlic-sliced bread, steamed carrots & cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, pancakes topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken nuggets, mac N cheese pasta, steamed corn, peas and 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	Whole grain cereal, Tequeno, 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.
FRIDAY	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Sauteed chicken breast, yellow rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.

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