



Breakfast and Lunch Menu November 4 to November 8, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Oven-roasted chicken, yellow rice, black beans, and sweet plantains, with fresh fruit and fat-free or low-fat milk.
TUESDAY	Teachers' Planning Day.	Teachers' Planning Day.
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	Cheese omelet, 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.	Pork chunks with rice, tomato slices, and shredded romaine lettuce, served with fresh fruit and fat-free or low-fat milk.

This institution is an equal opportunity provider.