



Breakfast and Lunch Menu December 16 to December 20, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, ham croquette, 100% apple juice, fresh fruit, fat-free or low-fat milk.	Ground beef in tomato sauce "picadillo," whole grain rice, black beans and sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, scrambled egg, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Chicken breast in Alfredo sauce, pasta, steamed broccoli, carrots, and cauliflower, 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, cheese tequeño, 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	Teachers Planning Day.	Teachers Planning Day.

This institution is an equal opportunity provider.