



# Breakfast and Lunch Menu January 13 to January 17, 2025



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Whole-grain cereal, churro, fresh fruit, 100% fruit juice, fat-free or low-fat milk.	Chicken fryers stick, waffle fries, steamed diced carrots, peas, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Whole-grain cereal, guava & cheese Cuban pastry, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Pork chunks, green beans & sweet plantains, 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, donuts, 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.
<b>FRIDAY</b>	Teachers Planning Day.	Teachers Planning Day.

*This institution is an equal opportunity provider.*