



Breakfast and Lunch Menu January 20 to January 24, 2025



DAY	BREAKFAST	LUNCH
MONDAY	MLK Legal Holiday	MLK Legal Holiday
TUESDAY	Whole-grain cereal, guava & cheese Cuban pastry, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Breaded chicken tenders, waffle potatoes, steamed diced carrots and peas, 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, tequeño, 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	Whole-grain cereal, donuts, fresh fruit, 100% apple juice, and fat-free or low-fat milk.	Ground beef picadillo, yellow rice, black beans, sweet plantains, fresh fruit, and fat-free or low-fat milk.

This institution is an equal opportunity provider.