



# Breakfast and Lunch Menu January 27 to January 31, 2025



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Wholegrain cereal, cheese-filled pastry, fresh fruit, and 100% fruit juice, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, steamed broccoli, diced carrots, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain toast, scrambled egg, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Shredded BBQ pork, rice, black beans, and tostones, 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>	Wholegrain cereal, waffle topped with light syrup, 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.
<b>FRIDAY</b>	Whole-grain cereal, donut, fresh fruit, 100% apple juice, and fat-free or low-fat milk.	Chicken fajitas, yellow Mexican rice, pico de gallo, sweet corn, fresh fruit, fat-free or low-fat milk.

*This institution is an equal opportunity provider.*