



Breakfast and Lunch Menu January 6 to January 10, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, waffles topped with light syrup, 100% apple juice, fresh fruit, fat-free or low-fat milk.	Breaded chicken nuggets, mashed potatoes, steamed diced carrots and peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, french toast topped with light syrup, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, steamed broccoli, carrots, 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	Whole-grain cereal, donut, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Chicken patty sandwich on a whole-wheat bun with a slice of cheese, tomato slices, iceberg lettuce, waffle fries, fresh fruit, fat-free or low-fat milk.

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