





ARCHIMEDEAN SCHOOLS
LUNCH MENUS
2019-2020

2019-2020





Breakfast & Lunch Menu August 19th to August 23rd, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain cereal, cheese Cuban pastry, 100% apple juice and fresh fruit, fat free or low fat milk	Beef meatballs with marinara sauce, pasta, steamed diced carrots & peas, fresh fruit, fat free or low fat milk.
TUESDAY	Scrambled Egg & ham, fresh fruit, fat free or low fat milk	Pork chop center cut, white rice, black beans and sweet plantains, fresh fruit, fat free or low fat milk.
WEDNESDAY	Ground Beef Empanada, 100% apple juice and fresh fruit, fat free or low fat milk.	Beef burger on a whole-wheat 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	Wholegrain Toast, ham & egg, fresh fruit, fat free or low fat milk.	Whole wheat 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 and fat free or low fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Wholegrain breaded chicken breast, mashed potatoes, steamed green beans & glazed red onions, fresh fruit, fat free or low fat milk.





Breakfast & Lunch Menu August 26th to August 30th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Bagel with cream cheese & ham, 100% apple juice and fresh fruit, fat free or low fat milk.	Chicken Nuggets, pasta with marinara sauce, steamed sliced carrots, cauliflower & broccoli, fresh fruit, fat free or low fat milk
TUESDAY	Wholegrain French Toast with jelly, sausage, fresh fruit, fat free or low fat milk.	Pork chunks, yellow rice, baked BBQ beans and corn, fresh fruit, fat free or low fat milk.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat free or low fat milk.	Beef burger on a whole-wheat 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	Egg Omelet & hash browns, fresh fruit, fat free or low fat milk.	Whole wheat 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 and fat free or low fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Corndog, mac & cheese, tater tots, shredded carrots & coleslaw, fresh fruit, fat free or low fat milk.





Breakfast & Lunch Menu September 2nd To September 6th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed due to Labor Day holiday.	Closed due to Labor Day holiday.
TUESDAY	Scrambled egg & croissant, fresh fruit, fat free or low fat milk.	Scrambled egg & croissant, fresh fruit, fat free or low fat milk.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat free or low fat milk.	Beef burger on a whole-wheat 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	Wholegrain English Muffin with Ham & Cheese, fresh fruit, fat free or low fat milk	Whole wheat 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 and fat free or low fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Ground beef “Picadillo”, brown rice, sautéed garbanzo beans with red onions, Hawaiian Plantains, fresh fruit, fat free or low fat milk.





Breakfast & Lunch Menu September 9th To September 13th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, ham croquettes 100% apple juice and fresh fruit, fat free or low fat milk.	Angus beef hot dog, sweet potato fry, chili beans in sauce, fresh fruit, fat free or low fat milk
TUESDAY	Wholegrain cereal, guava & cheese pastry, fresh fruit, fat free or low fat milk.	Chicken Breast, rice & black beans, beets, fresh fruit, fat free or low fat milk
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat free or low fat milk.	Beef burger on a whole-wheat 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	Croissant with ham & scrambled egg, fresh fruit, fat free or low fat milk.	Whole wheat 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 and fat free or low fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Chicken tenders, cheese tortellini, fresh shredded romaine lettuce, carrot, radish cabbage and iceberg lettuce mix topped with Italian dressing, fresh fruit, fat free or low fat milk.





Breakfast and Lunch Menu September 16th to September 20th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, pancakes topped with light syrup, 100% apple juice and fresh fruit, fat-free or low-fat milk	Meatballs in marinara sauce, pasta, steamed diced carrots & peas fresh fruit, fat-free or low-fat milk
TUESDAY	Wholegrain cereal, french toast with light syrup, fresh fruit, fat-free or low-fat milk	Pork chop center cut, rice, garbanzo beans, and sweet plantains, fresh fruit, fat-free or low-fat milk
WEDNESDAY	Ground Beef Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk	Beef burger on a whole-wheat 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	Scrambled egg & Bacon, fresh fruit, fat-free or low-fat milk	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk	Chicken breast patty in a wholewheat bun, fresh shredded romaine lettuce, tomato slices, mashed potatoes, fresh fruit, fat-free or low-fat milk





Breakfast And Lunch Menu September 23rd To September 27th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, cinnamon roll, 100% apple juice and fresh fruit, fat-free or low-fat milk	Chicken Nuggets with bowtie pasta, steamed green beans & corn fresh fruit, fat-free or low-fat milk
TUESDAY	Egg & Ham English Muffin, fresh fruit, fat-free or low-fat milk	Pork pieces topped with mojo, rice, black beans, and steamed sliced carrots, fresh fruit, fat-free or low-fat milk
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk	Beef burger on a whole-wheat 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	Bagel & cream cheese, fresh fruit, fat-free or low-fat milk	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk	Corndog, mac & cheese, freshly shredded carrots, coleslaw, tater tots, fresh fruit, fat-free or low-fat milk





Breakfast And Lunch Menu September 30th To October 4th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed due to teachers planning day	Closed due to teachers planning day
TUESDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk	Chicken fajitas, yellow rice, beans, and Hawaiian tostones, fresh fruit, fat-free or low-fat milk
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk	Beef burger on a whole-wheat 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	Egg and cheddar cheese omelet, fresh fruit, fat-free or low-fat milk	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk	Pulled BBQ pork in a wholewheat bun, mashed sweet potatoes & steamed corn on the cob, fresh fruit, fat-free or low-fat milk





Breakfast and Lunch Menu October 7th to October 11th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Papa Rellena, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Wholegrain breaded Chicken Tenders, mashed potatoes, steamed diced carrots, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat bun, American cheese (grades 9-12), French fries, shredded iceberg lettuce & tomato mixed salad, mustard & ketchup, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Closed due to Teachers' Planning Day	Closed due to Teachers' Planning Day
THURSDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk	BBQ pork ribs, mac & cheese, steamed green beans and corn, fresh fruit, fat free or low fat milk.





Breakfast and Lunch Menu October 14th to October 18th, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban meat pastry, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Chicken chunks with bowtie pasta, steamed diced carrots & peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain Cereal, Assorted Muffins, fresh fruit, fat-free or low-fat milk.	Pork loin cutlet, yellow rice, steamed broccoli, cauliflower & carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Scrambled egg & breakfast sausage, fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk	Ground beef in tomato sauce “Picadillo”, rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu October 21 To October 25, 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban meat pastry, 100% apple juice and fresh fruit, fat-free or low-fat milk.	BBQ Chicken breast with yellow rice, steamed diced carrots, corn, green beans & peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Cheese omelet, fresh fruit, fat-free or low-fat milk.	Italian Sausage, spaghetti noodles, steamed broccoli, cauliflower & carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Closed due to teachers' planning day.	Closed due to teachers' planning day.





Breakfast And Lunch Menu October 28 to November 1 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cinnamon roll, 100% apple juice and fresh fruit, fat-free or low-fat milk .	Ground Beef, tortilla , shredded cheese, diced tomatoes, corn, shredded iceberg lettuce, fresh fruit, fat free or low fat milk.
TUESDAY	Breakfast Burrito with ham & cheese, fresh fruit, fat-free or low-fat milk.	Chicken tenders, macaroni salad steamed broccoli, sweet fried potato, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat-free or low fat-milk.	Beef burger on a whole-wheat 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	Wholegrain Cereal, cheese croquettes, fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Breaded pork loin, rice, beets & beans, sweet plantains, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu November 4 To November 8 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed due to teachers' planning day.	Closed due to teachers' planning day.
TUESDAY	Wholegrain cereal, Apple Cinnamon muffin, fresh fruit, fat-free or low-fat milk.	Breaded fish filet, yellow rice, steamed carrots and peas, fresh fruit, fat free or low fat milk
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat-free or low fat-milk.	Beef burger on a whole-wheat 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	Wholegrain pita bread, bacon & egg, fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Marinara meatballs, pasta, , carrots, radish, iceberg lettuce & cabbage mixed salad topped with Caesar dressing, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu November 11 To November 15 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed due to teachers' planning day.	Closed due to teachers' planning day.
TUESDAY	Wholegrain cereal, Apple Cinnamon muffin, fresh fruit, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, steamed carrots and broccoli, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat-free or low fat-milk.	Beef burger on a whole-wheat 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	Wholegrain pita bread, bacon & egg, fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Corn Dog, macaroni salad, , old fashioned baked beans, coleslaw, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu November 18 To November 22 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Pop tart, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Breaded chicken, mashed potatoes, beets & corn mixed salad, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, French toast topped with light syrup, fresh fruit, fat-free or low-fat milk.	Corn Dog, macaroni salad, , old fashioned baked beans, coleslaw, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat-free or low fat-milk.	Beef burger on a whole-wheat 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	Wholegrain Cereal, Stuffed potato (papa Rellena), fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Baked Ground beef with ziti pasta, steamed broccoli, diced carrots & peas, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu November 25 to November 29 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Pop tart, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, apple cinnamon muffin, fresh fruit, fat-free or low-fat milk.	Turkey breast, mashed potatoes, steamed corn, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef Empanada, 100% apple juice and fresh fruit, fat-free or low fat-milk.	Beef burger on a whole-wheat 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	Closed due to Thanksgiving holiday.	Closed due to Thanksgiving holiday.
FRIDAY	Closed due to Thanksgiving holiday.	Closed due to Thanksgiving holiday.





Breakfast And Lunch Menu December 2 to December 6 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain Cereal, Cuban Cheese pastry, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Chicken nuggets, macaroni, glazed baby carrots, steamed green bean, fresh fruit, fat-free or low-fat milk.
TUESDAY	Scrambled egg and sausage, fresh fruit, fat-free or low-fat milk.	Beef Ravioli, broccoli & Cauliflower florets, crinkled carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Ham & Cheese sandwich, fresh fruit, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Pork chunks, yellow rice, garmanzo beans and sweet plantains, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu December 9 to December 13 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Croissant with scrambled egg, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Chicken tenders, Chopped collard greens, sweet potato fries, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk.	BBQ pork ribs, yellow rice, steamed Crinkled carrots, pinto beans, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Wholegrain Cereal, cinnamon roll, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Salisbury steak, mashed potatoes , steamed green beans, fresh fruit, fat-free or low-fat milk. Pork chunks, yellow rice, garmanzo beans and sweet plantains, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu December 16 to December 20 2019

DAY	BREAKFAST 	LUNCH 
MONDAY	Scrambled egg and sausage, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Corndog, Chopped collard greens, sweet potato fries, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk.	Ham & Cheese macaroni, steamed carrots and peas, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Wholegrain Cereal, cinnamon roll, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Hotdog on a bun, potato salad , sautee' green peppers and sweet onions, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu January 6 to January 10 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk.	Breaded Chicken tenders, steamed carrots and mashed potatoes, chocolate chip cookie, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Scrambled egg and sausage, fresh fruit, fat-free or low-fat milk.	Meatballs in marinara sauce, pasta, steamed broccoli, carrots and cauliflower mix, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg omelet and tater tots, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Pork chunks, rice , black beans, sweet Planatians, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu January 13 to January 17 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Guava Cheese pas-try, fresh fruit, fat-free or low-fat milk.	Ground Beef in tomato sauce over white rice, steamed green beans and carrots, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Egg patties and sausage, fresh fruit, fat-free or low-fat milk.	Beef Ravioli, steamed pease and carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg omelet and toast, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken fricasse, rice, black bean & sweet plantains, fresh fruit, fat-free or low-fat milk.





Breakfast And Lunch Menu January 20 to January 24 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed M.L.K. Holiday.	Closed M.L.K. Holiday.
TUESDAY	Wholegrain Cereal, Bagel, fresh fruit, fat-free or low-fat milk.	Ground beef (picadillo), rice, sauteed red peepers & garbanzo, steamed green beans, fresh fruit, cookie, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg omelet and toast, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken nuggets , mashed potatos, sweet corns, cookie, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu January 27 to January 31 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban pastry, fresh fruit, fat-free or low-fat milk.	Breaded chicken chunks, steamed baby carrots and corn, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Scrambled egg and sausage, fresh fruit, fat-free or low-fat milk.	Cuban pork loin, rice, red beans and patatas bravas, fresh fruit, cookie, fat-free or low-fat milk..
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg omelet and breakfast potato, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken tenders, rice,steamed carrots and peas, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu February 3 to February 7 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cinnamon Roll, fresh fruit, fat-free or low-fat milk.	Crispy Breaded pork loin fritter in a bun, steamed crinkle carrots and green beans, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Ham & Egg McMuffin, fresh fruit, fat-free or low-fat milk.	Mixed Beef and Pork Sausage Cacciatore, spaghetti pasta, broccoli, carrots, lima beans and cauliflower mixed salad, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Bagel and cream cheese, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Sakisbury steak, rice, black bean & sweet plantains, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu February 10 To February 14 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Ham and cheese croissant, fresh fruit, fat-free or low-fat milk.	Beef meatbals in marinara sauce, pasta, steamed broccoli and cauliflower, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, cinnammon roll, fresh fruit, fat-free or low-fat milk.	Pork chunks, rice, black beans, qweet plantainss, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg patties, toast, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Breaded fish,baby carrots and coleslaw salad, cookie, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu February 17 To February 21 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed: All Presidents' Day	Closed: All Presidents' Day
TUESDAY	Toast, Omelette & Turkey link, fresh fruit, fat-free or low-fat milk.	Chicken tacos in a tortilla shell, Diced tomatoes, iceberg lettuce & corn, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Bagel and cream cheese, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Ground beef picadillo, rice, black bean & sweet plantains, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu February 24 To February 28 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Egg and croissant, fresh fruit, fat-free or low-fat milk.	Breaded chicken breast, rice, steamed diced carrots and corn, fresh fruit, cookie, fat free or low-fat milk.
TUESDAY	Whole grain cereal, french toast, fresh fruit, fat-free or low-fat milk.	Ground Beef in tomato sauce, spaghetti pasta, broccoli, carrots, green beans mixed salad, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Omelet and toast, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken thigh, rice, black beans & sweet plantains, fresh fruit, fat free or low fat milk.





Breakfast And Lunch Menu March 2 To March 6 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Egg and bread, fresh fruit, fat-free or low-fat milk.	Beef ravioli, garlic bread, steamed green beans corn and peas mixed salad, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, french toast, fresh fruit, fat-free or low-fat milk.	Turkey breast sandwich, slice of american cheese tomato slices, iceberg lettuce, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Scrambled egg and sausage, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken fajitas, rice, black beans & sweet plantains, fresh fruit, fat free or low fat milk.



Breakfast And Lunch Menu March 16 To March 20 2020

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain Cereal, Cuban Cheese Pastry, fresh fruit, fat-free or low-fat milk.	Chicken tenders, rice, steamed diced carrots & peas, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Scrambled egg and sausage, fresh fruit, fat-free or low-fat milk.	All beef meatball, marinara sauce topped with mozzarella cheese, wholegrain sub, steamed broccoli, carrots, green beans & cauliflower mixed salad, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & cheese Empanada, 100% apple juice and fresh fruit, fat-free or low-fat milk.	Beef burger on a whole-wheat 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	Egg omelet and tater tots, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Whole wheat 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 and fat-free or low-fat milk.
FRIDAY	Wholegrain Cereal, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken breast in alfredo sauce, pasta, carrot - radish - cabbage and a mix of romain and iceberg lettuce fresh salad topped with italian dressing, fresh fruit, fat free or low fat milk.

ARCHIMEDEAN SCHOOLS

12425 Sunset Dr, Miami, FL 33183, USA



Tel (305) 279-6572 | Fax 305 675 8448



info@archimedean.org

