





Breakfast And Lunch Menu January 25 To January 29 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	French Toast topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground Beef in Marinara sauce, pasta, fresh Romain lettuce, carrot, radish, cabbage salad, fresh fruit, fat-free or low-fat milk.
TUESDAY	Scrambled egg and cheese toast, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Pork fritters, yellow rice, steamed diced carrots, black beans, and sweet plantains, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese empanada, fresh fruit, and 100% apple juice, 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, Cuban cheese pastry, 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, donut, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Breaded chicken tenders, mashed potatoes, fresh lettuce, carrot, radish, cabbage fresh salad topped with Italian dressing, fresh fruit, fat-free or low-fat milk.