





Breakfast And Lunch Menu January 18 to January 22 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	CLOSED DUE TO MLK LEGAL HOLIDAY	CLOSED DUE TO MLK LEGAL HOLIDAY
TUESDAY	Ham and cheese sandwich, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Breaded chicken tenders , yellow rice, steamed beets and corn-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	Cheese omelet, 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.	Ground beef in marinara sauce, rice, fresh romaine lettuce topped with Italian dressing, black beans and sweet plantains, fresh fruit, fat-free or low-fat milk.