





Breakfast And Lunch Menu February 15 To February 19 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Closed due to President's day	Closed due to President's day
TUESDAY	Egg and cheese Sandwich, fresh fruit and 100% apple juice, fat free or low fat milk	Chicken Nuggets , 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.	Seared Chicken, bread, mashed potatoes, fresh carrot, radish, cabbage, iceberg lettuce mixed salad topped with italian dressing, fresh fruit, fat-free or low-fat milk.