





Breakfast And Lunch Menu February 8 To February 12 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Ham and Cheese sandwich, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken Nuggets , rice, steamed carrots broccoli and cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, Guava and cheese Cuban pastry, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Picaddilo ground beef in tomato sauce, 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, pancakes topped with light syrup, 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.	Hot dog, whole wheat bun, French fries, carrot, cabbage radish and iceberg lettuce mixed salad topped with Italian dressing, black beans, fresh fruit, fat-free or low-fat milk.