





Breakfast and Lunch Menu March 22 to March 26 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Egg & Ham McMuffin, fresh fruit, fat-free or low-fat milk.	Breaded Chicken Tenders, Gallo pinto beans rice, steamed broccoli cauliflower, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cuban cheese pastry, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Beef stew, bread, steamed green peas, and mashed potatoes, 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, French Toast 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, donuts, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Breaded fish, yellow rice, fresh radish, cabbage iceberg lettuce mixed salad topped with Italian dressing, fresh fruit, fat-free or low-fat milk.