





Breakfast and Lunch Menu March 29 to April 2 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Beef Empanada, fresh fruit, fat-free or low-fat milk.	Chicken nuggets, yellow rice, steamed diced carrots, peas, diced potatoes, and green beans mixed salad, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Egg sandwich in toast bread, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground beef in marinara sauce, pasta, iceberg lettuce carrot, radish & cabbage mixed fresh salad, topped with low-fat dressing 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	Closed due to Teachers Planning Day.	Closed due to Teachers Planning Day.