





Breakfast and Lunch Menu April 12 to April 16 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban cheese pastry, fresh fruit, fat-free or low-fat milk.	Ground beef in marinara sauce, pasta, steamed green peas & carrots, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	Egg & Cheese sandwich, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Mac Fish, yellow rice, steamed diced carrots & diced 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	Scrambled Egg & Ham, 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.	Chicken fritters, rice, steamed carrots & green beans, black beans, fresh fruit, fat-free or low-fat milk.