





Breakfast and Lunch Menu April 5 to April 9 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban cheese pastry, fresh fruit, fat-free or low-fat milk.	Meatballs in marinara sauce, pasta, steamed diced carrots & peas, fresh fruit, cookie, fat-free or low-fat milk.
TUESDAY	French toast topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken tenders, rice, diced carrots, and 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	Ham & Cheese sandwich, 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.	Mach fish, rice & beans, steamed diced carrots & green beans, fresh fruit, fat-free or low-fat milk.