



Breakfast & Lunch Menu August 22 to August 26 2022

DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain cereal, french toast, fresh fruit and 100% apple juice, fat-free or low-fat milk.	BBQ Ribs, rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	Two Eggs fried patties, toast, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken (Arroz con pollo), rice, diced carrots and peas, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and fresh fruit, 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	Whole Grain Cereal, cinnamon roll, 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.	Whole grain breaded Chicken tenders, mashed potatoes and sweet corn, fresh fruit, fat-free or low-fat milk.