





# Breakfast & Lunch Menu August 23 to August 27 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban Cheese pastry, fresh fruit, fat-free or low-fat milk	Breaded Chicken nuggets , rice, steamed corn and green beans, fresh fruit, fat-free or low-fat milk.fruit, chocolate chip cookie, fat-free or low-fat milk.
TUESDAY	Scrambled eggs and toast, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground beef (Picadillo) in marinara sauce, pasta,steamed broccoli and cauliflower salad, 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	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.	Pork loin, rice and black beans, fresh romain lettuce topped with italian dressing , fresh fruit, fat-free or low-fat milk.