





Breakfast & Lunch Menu December 19 to December 23, 2022

DAY	BREAKFAST 	LUNCH 
MONDAY	Scrambled egg & ham, toast, fresh fruit, 100% apple juice, fat-free or low-fat milk.	BBQ Pork , yellow rice, garbanzo beans and sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, French toast, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Cuban Style mojo Chicken, pasta, fresh shredded iceberg lettuce & tomato mixed salad, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese empanada, fresh fruit, 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, and 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	School Closed.	School Closed.