





Breakfast & Lunch Menu February 21 to February 25 2022

DAY	BREAKFAST 	LUNCH 
MONDAY	Presidents' Day School Closed.	Presidents' Day School Closed.
TUESDAY	Wholegrain Cereal, cinnamon roll, fruit, and 100% apple juice, fat-free or low-fat milk.	Meatball with marinara sauce sub in a bun, steamed green beans and sweet potato fry, 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	Scrambled egg and ham on a toast, 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.	Shredded Chicken thigh, yellow rice, black beans and sweet plantains, fresh fruit, and 100% apple juice, fat-free or low-fat milk.