





# Breakfast & Lunch Menu October 11 to October 15 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain cereal, Cuban cheese pastry, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground Beef in marinara sauce, rice, sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	Cheese omelet, tater tots, fruit and 100% apple juice, fat-free or low-fat milk.	Chicken breast in alfredo sauce, penne pasta, steamed broccoli & green beans, 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	Egg Sausage and 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.	Chicken tenders, rice, steamed carrots, peas, green beans & cauliflower, fresh fruit, fat-free or low-fat milk.