





# Breakfast & Lunch Menu October 18 to October 22 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain cereal, pancakes topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken Nuggets, french fries, steamed Green beans & beets, fresh fruit, fat-free or low-fat milk.
TUESDAY	Cheese omelet, tater tots, fruit and 100% apple juice, fat-free or low-fat milk.	Pork chunks, rice, beans & corn, 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, donut, fresh fruit and 100% apple juice, fat free or low fat milk.	Breaded chicken breast, mashed potatoes, steamed diced carrots, peas, fresh fruit, fat-free or low-fat milk.