





Breakfast & Lunch Menu October 2 to October 6 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cinnamon roll, fresh fruit, fat-free or low-fat milk.	Breaded chicken filet sandwich in wholewheat bun, curlie fries, tomato slices and shredded lettuce, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, choice of assorted mini donuts, fresh fruit, fat-free or low-fat milk.	Chicken breast in alfredo sauce, pasta, steamed broccoli, carrots and cauliflower, cookie, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef empanada, fresh fruit, and 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	Wholegrain Cereal, Golden Graham crackers, fresh fruit, 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.	Mexican tacos with ground beef, grain tortilla, black beans, diced tomatoes, shredded lettuce and sweet corn, fresh fruit, fat-free or low fat-milk.