



DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain cereal, Cuban cheese pastry, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Meatballs in marinara sauce, pasta, steamed diced carrots, green beans, peas, corn & lima beans, fresh fruit, fat-free or low-fat milk.
TUESDAY	Egg Sausage & cheese sandwich, fruit and 100% apple juice, fat-free or low-fat milk.	Chicken fricassee, rice, steamed sliced carrots, broccoli, cauliflower, 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	Cheese Omelet, tater tots, 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.	Mojo roast Pork loin, rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.