





Breakfast & Lunch Menu September 13 to September 17 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Bagel with ham and cheese, fresh fruit and 100% apple juice, fat-free or low-fat milk.	Chicken Breast tenderloin , rice, steamed carrots and green beans, fresh fruit, fat-free or low-fat milk.
TUESDAY	Two egg patties sandwich, 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.
WEDNESDAY	Ham & Cheese Empanada, 100% apple juice and 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.
THURSDAY	Teachers Planning Day.	Teachers Planning Day.
FRIDAY	Wholegrain Cereal, donut, fresh fruit and 100% apple juice, fat free or low fat milk.	Pork loin, sandwich in kaiser roll french fries, fresh iceberg lettuce & tomatoes topped with italian dressing, fresh fruit, fat-free or low-fat milk.