





Breakfast & Lunch Menu September 20 to September 24 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Scrambled egg and cheese, toast, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, steamed carrots and green beans, corn and lima beans, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cuban cheese pastry, fruit and 100% apple juice, fat-free or low-fat milk.	Chicken breast teriyaki with fried rice, steamed carrots and 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	Wholegrain cereal, pancakes topped with light syrup, 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.	Pork fajitas, yellow rice, black beans and Sweet plantains, fresh fruit, fat-free or low-fat milk.