





# Breakfast & Lunch Menu September 27 to October 1 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Pancakes topped with light syrup, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken tenders , rice, fresh tomato and iceberg lettuce salad, fresh fruit, fat-free or low-fat milk.
TUESDAY	Egg bacon and cheese sandwich, fruit and 100% apple juice, fat-free or low-fat milk.	Philly steak sandwich , Mac N Cheese, steamed broccoli, crinkle 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, 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.	Chicken breast & cheese sandwich in a bun, mashed potatoes, fresh fruit, fat-free or low-fat milk.