





# Breakfast & Lunch Menu September 6 to September 10 2021

DAY	BREAKFAST 	LUNCH 
MONDAY	Labor day Celebration.	Labor day Celebration.
TUESDAY	Teachers planning day.	Teachers planning day.
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	Egg Omelet and toast, 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.	Salisbury steak, pasta topped with marinara sauce, fresh romain lettuce tomato and iceberg lettuce mix salad topped with italian dressing, fresh fruit, fat-free or low-fat milk.