



Breakfast and Lunch Menu April 13 to April 17, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. Ham croquette. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Italian sausage sub in whole grain bun. Steamed broccoli and cauliflower. Carrots. Tater tots. Fresh fruit. Whole or fat-free or low-fat milk.
TUESDAY	Whole grain cereal. Whole grain waffles topped with light syrup. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Shredded pork. Brown rice. Black beans and sweet plantains. Fresh fruit. Whole or fat-free or low-fat milk.
WEDNESDAY	Whole grain meat empanada. Fresh fruit. 100% fruit 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.
THURSDAY	English muffin. Sausage and egg. Fresh fruit. 100% fruit juice. Whole or 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. Fat-free or low-fat milk.
FRIDAY	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk	Ground beef in whole grain taco. Tomato slices and shredded iceberg lettuce. Sauteed sweet corn. Fresh fruit. Whole or fat-free or low-fat milk.

This institution is an equal opportunity provider.