





Breakfast & Lunch Menu August 21 to August 25 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, beef Empanada, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Cuban style roast pork, rice, beans and sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	French toast topped with light syrup, fruit, and 100% apple juice, fat-free or low-fat milk.	Beef stew, mashed potatoes, steamed broccoli, carrots and cauliflower, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & Cheese empanada, fresh 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.
THURSDAY	Egg omelet toast and sausage link, 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, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Mexican Nacho Bar nachos, picadillo (ground beef), cheese, diced tomatoes (pico de gallo) shredded lettuce, fresh fruit, fat-free or low fat-milk.