





Breakfast & Lunch Menu September 11 to September 15 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, pancakes topped with light syrup, fresh fruit and 100% apple juice, fat-free or low-fat milk.	BBQ Pork Sandwich in a bun, Sweet potato fry, sauteed corn, fresh fruit, fat-free or low-fat milk.
TUESDAY	Ham & Cheese sandwich, fresh fruit, fat-free or low-fat milk.	Corn dog, mashed potatoes, fresh carrots, 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 & Sausage Toast, fresh fruit, 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.	Piicadillo (ground beef), rice, black beans and sweet plantains, fresh fruit, fat-free or low fat-milk.