





# Breakfast & Lunch Menu September 18 to September 22 2023

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Ham & Cheese egg sandwich, fresh fruit, and 100% apple juice, fat-free or low-fat milk..	All Beef hotdog Sandwich in a bun, coleslaw and french fries, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, Cuban cheese pastry, fresh fruit, fat-free or low-fat milk.	Boneless BBQ breaded chicken wings, fresh carrots, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	Wholegrain cereal, Cheese tequenos, 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.
<b>FRIDAY</b>	Wholegrain Cereal, donut, fresh fruit and 100% apple juice, fat free or low fat milk.	Masitas de cerdo, (Fry pork chunks), rice, black beans and sweet plantains, fresh fruit, fat-free or low fat-milk.