





Breakfast & Lunch Menu August 28 to September 1 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cinnamon roll, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Meatballs in marinara sauce, pasta, steamed broccoli, carrots and cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Scrambled egg and sausage, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Chicken breast patty in a whole wheat bun, mashed potatoes, fresh tomato slices and shredded lettuce, 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	Breakfast burrito with ham and cheese, 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.	Mexican Tacos with hard or soft tortilla, picadillo (ground beef), diced tomatoes (pico de gallo) shredded lettuce, sauteed corn, fresh fruit, fat-free or low fat-milk.