





# Breakfast & Lunch Menu October 16 to October 20 2023

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Cup cake, fresh fruit, fat-free or low-fat milk.	Chicken fricassee, rice, black beans , sweet plantains, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Egg & sausage sandwich in loaf bread, fresh fruit, fat-free or low-fat milk.	Beef Ravioli (Pre-K to 5th grade), Choice of meatballs or ground beef sauce (grades 6-12), pasta, steamed broccoli, carrots, cauliflower, ice cream, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	Ground beef 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>	Bagel with cream cheese, 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.	BBQ pork, yellow rice, tomato slices, shredded lettuce, waffle fries, cookie, fresh fruit, fat-free or low fat-milk.