





# Breakfast & Lunch Menu October 23 to October 27 2023

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Whole grain cereals, mini donuts assortment, fresh fruit, fat-free or low-fat milk.	Breaded chicken tenders, mashed potatoes, steamed carrots & peas, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Egg & ham & cheese sandwich in loaf bread, fresh fruit, fat-free or low-fat milk.	Beef a ronie (ground beef in tomato sauce), pasta, steamed broccoli, carrots & cauliflower, cookie, 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>	Whole grain cereal, Cinnamon roll, 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>	Teachers' planning day.	Teachers' planning day.