





Breakfast & Lunch Menu October 30 to November 3 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Ham & Cheese breakfast pizza, fresh fruit, fat-free or low-fat milk.	Chicken nuggets, mashed potatoes, steamed peas and carrots, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, cinnamon roll, fresh fruit, fat-free or low-fat milk.	Marinara meatballs, pasta, steamed broccoli, carrots, cauliflower, chocolate pudding, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	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.
THURSDAY	Whole grain cereal, Cheese tequeno, 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.	Corn dog, waffle fries, tomato slices, shredded lettuce, ice cream, fresh fruit, fat-free or low-fat milk.