





Breakfast & Lunch Menu November 13 to November 17 2023

| DAY | BREAKFAST  | LUNCH  |
|------------------|---|---|
| MONDAY | Whole grain Cereal, honey bun, fresh fruit, fat-free or low-fat milk. | Breaded Chicken tenders, steamed peas and carrots, fresh fruit, fat-free or low-fat milk. |
| TUESDAY | Toast with egg omelet, fresh fruit, fat-free or low-fat milk. | Mojo pork chunks, rice, black beans and sweet plantains, 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 | Whole grain cereal, mini donuts, fresh fruit, fat-free or low-fat milk. | Carne con pappas, (K-5) pork loin (6-12), rice, crinkled carrots & sweet plantains, fresh fruit, fat-free or low-fat milk. |