





# Breakfast & Lunch Menu November 27 to December 1 2023

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Pizza bagel with meat and cheese, fresh fruit, fat-free or low-fat milk.	Italian Style meat lasagna, garlic toast, steamed broccoli, carrots & Cauliflower, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, pancakes topped with light syrup, fresh fruit, fat-free or low-fat milk.	BBQ Pork, rice, black beans and sweet plantains, 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, Graham Crackers with 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>	Whole grain cereal, cinnamon roll, fresh fruit, fat-free or low-fat milk.	Chicken patty sandwich in wholewheat bun, tomato slices, shredded lettuce and waffle fries, fresh fruit, fat-free or low-fat milk.