





Breakfast & Lunch Menu November 6 to November 10 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Whole grain Cereal, Iced honey bun, fresh fruit, fat-free or low-fat milk.	Ground beef in marinara sauce, pasta, steamed peas and carrots, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, bagel with cream cheese, fresh fruit, fat-free or low-fat milk.	Oven roast chicken breast, yellow 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	Legal Holiday School closed.	Legal Holiday School closed.