





Breakfast & Lunch Menu December 11 to December 15 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Bagel with meat and cheese, fresh fruit, fat-free or low-fat milk.	Chicken chunks, macaroni salad, steamed carrots & sweet peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Egg omelette & sausage, toast, fresh fruit, fat-free or low-fat milk.	Ground Beef (picadillo), 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, 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.
FRIDAY	Wholegrain cereal, Cheese and Guava Cuban pastry, fresh fruit, fat-free or low-fat milk.	Chicken fajitas, yellow rice, mexican red beans, pico de gallo (fresh tomatoes with onion and cilantro), fresh fruit, fat-free or low-fat milk.