



Breakfast & Lunch Menu December 18 to December 22 2023



DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cheese Cuban Pastry, fresh fruit, fat-free or low-fat milk.	Chicken nuggets, macaroni salad, steamed sweet corn & french fries, brownies, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Graham Crackers with cheese, fresh fruit, fat-free or low-fat milk.	Ground Beef in marinara sauce, pasta, iceberg lettuce, carrot radish and cabbage fresh salad, oreo cookie, 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, muffin, 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	Teachers Planning day.	Teachers Planning day.