





Breakfast & Lunch Menu December 4 to December 8 2023

DAY	BREAKFAST 	LUNCH 
MONDAY	Pizza bagel with meat and cheese, fresh fruit, fat-free or low-fat milk.	Ground beef meat sauce, pasta, steamed broccoli, carrots & Cauliflower, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Cuban style pork in mojo, 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	Whole grain cereal, mini donuts, fresh fruit, fat-free or low-fat milk.	Turkey burger sandwich in wholewheat bun, tomato slices, shredded lettuce and waffle fries, fresh fruit, fat-free or low-fat milk.