





Breakfast & Lunch Menu January 15 to January 19 2024

DAY	BREAKFAST 	LUNCH 
MONDAY	MLK Holiday.	MLK Holiday.
TUESDAY	Wholegrain cereal, Cuban guava & cheese pastry, fresh fruit, fat-free or low-fat milk.	Breaded Chicken tenders, mashed potatoes, steamed diced carrots & peas, 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, assorted mini donuts, 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.