





# Breakfast & Lunch Menu January 22 to January 26 2024

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Wholegrain cereal, Cinnamon roll, fresh fruit, fat-free or low-fat milk.	100% beef hotdog, wholewheat bun, tater tots, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, Cuban guava & cheese pastry, fresh fruit, fat-free or low-fat milk.	Italian meatballs in tomato sauce, pasta, steamed diced carrots and peas, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	Ham and Cheese empanada, fresh fruit, fat-free or low-fat milk.	Beef burger on a wholewheat bun, American cheese (grades 9-12), French fries, shredded iceberg lettuce & tomato mixed salad, mustard & ketchup, fresh fruit, fat-free or low-fat milk.
<b>THURSDAY</b>	Wholegrain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Wholewheat 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.
<b>FRIDAY</b>	Wholegrain cereal, assorted mini donuts, fresh fruit, fat-free or low-fat milk.	Breaded chicken sandwich, in wholewheat bun, tomato slices, shredded lettuce, sauteed garbanzos, fresh fruit, fat-free or low fat-milk.