





Breakfast & Lunch Menu January 29 to February 2 2024

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Tequenos, fresh fruit, fat-free or low-fat milk.	Alfredo Chicken breast, pasta, steamed broccoli green beans & cauliflower mix, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Pork chunks, rice, black beans, sweet plantains, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	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.
THURSDAY	Scrambled egg, toast & jelly, 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.
FRIDAY	Wholegrain cereal, assorted mini donuts, fresh fruit, fat-free or low-fat milk.	Chicken fajitas, yellow rice, steamed sweet corn and sweet plantains, fresh fruit, fat-free or low fat-milk.