





Breakfast & Lunch Menu March 11 to March 15 2024

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, cheese Tequeño, fresh fruit, fat-free or low-fat milk.	Chicken nuggets, Mac N Cheese, steamed sweet corn & beets, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Baked Ziti, garlic bread, steamed broccoli and carrots, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ham & 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	Wholegrain cereal, cinnamon roll, 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.	Sauteed Julienne Chicken Breast, rice, black beans & sweet plantains, fresh fruit, fat-free or low-fat milk.