





Breakfast & Lunch Menu March 18 to March 22 2024

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, cheese Tequeño, fresh fruit, fat-free or low-fat milk.	Breaded Chicken tenders, steamed sweet corn and mashed potatoes, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Ground beef Picadillo, rice, black beans & sweet plantains, 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	Ham & Cheese sandwich, 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.	Ropa Vieja Shredded beef, rice, steamed diced carrots & peas, fresh fruit, fat-free or low-fat milk.