





# Breakfast & Lunch Menu April 1 to April 5 2024

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Wholegrain cereal, cinnamon rolls, fresh fruit, fat-free or low-fat milk.	Breaded chicken tenders, rice, steamed diced carrots and green beans, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, pancakes topped with light syrup, fresh fruit, fat-free or low-fat milk.	Italian meatballs in marinara sauce, pasta, steamed broccoli, sliced carrots and cauliflower, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	Wholegrain cereal, Tequeno, 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.	Masitas de cerdo (pork), rice, black beans, sweet plantains, 100% orange juice & fat-free or low-fat milk.