





# Breakfast and Lunch Menu April 15 to April 19 2024

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Wholegrain cereal, cinnamon rolls, fresh fruit, fat-free or low-fat milk.	Chicken breast alfredo, pasta, steamed diced carrots broccoli & cauliflower, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, Cuban cheese pastry, fresh fruit & 100% apple juice fat-free or low-fat milk.	Pork chunks & rice, black beans & sweet plantains, 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, waffles topped with light syrup, fresh fruit & 100% apple juice, 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, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Beef Burrito in soft tortilla, tomatoes, pico de gallo, sweet corn, fresh fruit & fat-free or low-fat milk.