





Breakfast and Lunch Menu April 22 to April 26 2024

DAY	BREAKFAST 	LUNCH 
MONDAY	Wholegrain cereal, Cuban cheese pastry, fresh fruit, fat-free or low-fat milk.	Chicken tenders, pasta, steamed diced carrots broccoli & peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, Cinnamon rolls, fresh fruit & 100% apple juice fat-free or low-fat milk.	Gorund 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	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.
FRIDAY	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	BBQ pork chunks, rice, broccoli, carrots & cauliflower, fresh fruit & fat-free or low-fat milk.