





# Breakfast and Lunch Menu April 8 to April 12 2024

DAY	BREAKFAST 	LUNCH 
<b>MONDAY</b>	Wholegrain cereal, Waffles topped with light syrup, fresh fruit, fat-free or low-fat milk.	Breaded chicken tenders, mac and cheese, steamed diced carrots & green beans, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain tequenos, 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>WEDNESDAY</b>	Teachers Planning day.	Teachers Planning day.
<b>THURSDAY</b>	Ham & Cheese empanada, 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, donuts, fresh fruit, fat-free or low-fat milk.	Beef Tacos, shredded cheese pico de gallo, shredded lettuce, black beans, fresh fruit & fat-free or low-fat milk.