



Breakfast and Lunch Menu September 2 to September 6, 2024



DAY	BREAKFAST	LUNCH
MONDAY	Legal Holiday.	Legal Holiday.
TUESDAY	Wholewheat toast, Cinnamon roll, fresh fruit & 100% apple juice, fat-free or low-fat milk.	Ground beef meat in tomato sauce, pasta, steamed carrots & peas 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, & fat-free or low-fat milk.
FRIDAY	Wholegrain cereal, donut, fresh fruit & 100% apple juice, fat-free or low-fat milk.	100% beef hot dog in wholewheat bun, waffle potatoes, sliced tomatoes, coleslaw salad, fresh fruit, fat-free or low-fat milk.

This institution is an equal opportunity provider.