



Breakfast and Lunch Menu February 10 to February 14, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Whole-grain cereal, Tequeño, fresh fruit, and 100% fruit juice, fat-free or low-fat milk..	Chicken tenders, waffle potatoes, steamed diced carrots and peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole-grain toast, scrambled egg and sausage, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Pork chunks (masitas de cerdo), rice, black beans, and 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, waffle topped with light syrup, fresh fruit, and 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	Whole-grain cereal, donut, fresh fruit, 100% apple juice, and fat-free or low-fat milk.	Beef franks (100% beef) on a whole-wheat bun, corn on the cob, potato salad, fresh fruit, fat-free or low-fat milk.

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