



# Breakfast and Lunch Menu February 3 to February 7 2025



DAY	BREAKFAST	LUNCH
MONDAY	Whole-grain cereal, ham croquettes, fresh fruit, and 100% fruit juice, fat-free or low-fat milk.	Chicken nuggets, mashed 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.	Beef ravioli pasta with meat sauce, steamed broccoli, carrots and cauliflower, chocolate chip cookie, 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.	Chicken patty sandwich on a whole-wheat bun, American cheese, sliced tomato, iceberg lettuce, waffle fries, fresh fruit, fat-free or low-fat milk.

*This institution is an equal opportunity provider.*