



Breakfast and Lunch Menu March 10 to March 14, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, guava and cheese pastry, 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	Wholegrain cereal, bagel with cream cheese, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Ground beef sauce, pasta, steamed broccoli, carrots, and cauliflower, 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, cheese Cuban pastry, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Whole-wheat 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 pattie sandwich in a whole wheat bun, American cheese, sliced tomato, iceberg lettuce & waffle fries, fresh fruit, fat-free or low-fat milk.

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