



Breakfast and Lunch Menu March 17 to March 21, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, cinnamon roll, fresh fruit, and 100% fruit juice, fat-free or low-fat milk.	Chicken tenders, waffle potatoes, steamed diced carrots & peas, fresh fruit, fat-free or low-fat milk.
TUESDAY	Whole grain cereal, egg & cheese breakfast wrap, fresh fruit, and 100% apple juice, fat-free or low-fat milk.	Beef stew, rice, black beans & 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	Whole grain cereal, cheese tequeño, 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.	100% beef franks in a whole wheat bun, corn on the cob, Lays potato chips, fresh fruit, fat-free or low-fat milk.

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