



Breakfast and Lunch Menu April 21 to April 25, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, Cuban cheese pastry, fresh fruit, and 100% fruit juice. Fat-free or low-fat milk.	Corndog, waffle fries, sautéed chickpeas, and fresh fruit. Fat-free or low-fat milk.
TUESDAY	Egg, cheese, and sausage omelet, fresh fruit, and 100% apple juice. Fat-free or low-fat milk.	Oven-baked chicken breast, rice, 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	Whole grain cereal, churros, 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, and 100% fruit juice. Fat-free or low-fat milk.	Ground beef (picadillo), rice, black beans, and sweet plantains. Fresh fruit. Fat-free or low-fat milk.

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