



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal, Cuban cheese pas- try, fresh fruit, 100% fruit juice, fat-free or low-fat milk.	Beef ravioli in meat sauce, garlic bread, steamed broccoli, cauli- flower & green beans, brownie, fresh fruit, fat-free or low-fat milk.
TUESDAY	Sausage & cheese English muffin, fresh fruit, 100% apple juice, fat-free or low-fat milk.	Turkey or ham and cheese sandwich on whole wheat bread, Caesar salad, Lay's chips, chocolate 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	Whole grain cereal, blueberry muffin, fresh fruit, 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 patty sandwich on whole wheat bun, slice of cheese, tomato slices, iceberg lettuce, waffle fries, fresh fruit, fat-free or low-fat milk.

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