



Breakfast and Lunch Menu May 12 to May 16, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, ham and cheese croquette, fresh fruit, 100% fruit juice, and fat-free or low-fat milk..	Chicken nuggets, mashed potatoes, steamed carrots and peas, fat-free or low-fat milk.
TUESDAY	Wholegrain cereal, a cinnamon roll, fresh fruit, 100% apple juice, and fat-free or low-fat milk.	Ground beef in tomato sauce with pasta, steamed broccoli, carrots, cauliflower, and fat-free or low-fat milk.
WEDNESDAY	Sausage and cheese English muffin, fresh fruit, 100% fruit juice, and 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, stuffed ball potato, 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, donuts, fresh fruit, and 100% fruit juice. Fat-free or low-fat milk.	Beef taco in tortilla bread, diced tomato (pico de gallo), steamed sweet corn, fresh fruit, and fat-free or low-fat milk.

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