



Breakfast and Lunch Menu May 19 to May 23, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, Ham & Cheese Croquette, Fresh fruit and 100% fruit juice, fat-free or low-fat milk.	Meatballs in marinara sauce, pasta, steamed broccoli, carrots, cauliflower, fat-free or low-fat milk.
TUESDAY	Ground beef in tomato sauce, pasta, black beans & sweet plantains, fat-free or low-fat milk.	Ground beef in tomato sauce, pasta, black beans & sweet plantains, fat-free or low-fat milk.
WEDNESDAY	Ham and cheese empanada, fresh fruit, and 100% juice, 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.	Chicken chunks, steamed carrots & peas, fresh fruit, fat-free or low-fat milk.

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