



Breakfast & Lunch Menu August 25 to August 29, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, pancakes topped with light syrup, fresh fruit, fat-free or low-fat milk.	Ground beef (picadillo), rice, black beans, sweet plantains, fresh fruit, fat-free or low-fat milk.
TUESDAY	Sausage & egg English muffin, fresh fruit, fat-free or low-fat milk.	Chicken breast in alfredo sauce, pasta, steamed carrots, peas and sautéed garbanzos, fresh fruit, fat-free or low-fat milk.
WEDNESDAY	Ground beef empanada, fresh fruit, and 100% fruit juice; fat-free or low-fat milk.	Beef burger on a whole wheat 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	Ham and cheese omelet, 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 and fat free or low fat milk.
FRIDAY	Wholegrain cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Breaded chicken tenders, rice, steamed broccoli and sweet corn, fresh fruit, fat-free or low-fat milk.

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