



# Breakfast & Lunch Menu September 15 to September 19, 2025



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Wholegrain cereal, cheese croquettes, fresh fruit, fat-free or low-fat milk.	Ground beef taco tortilla, diced tomato, steamed sweet corn, shredded lettuce, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Breakfast wrap with egg & cheese, fresh fruit, fat-free or low-fat milk.	Chicken Alfredo, pasta, steamed green beans, carrots and peas, fresh fruit, fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	Sausage, egg, and cheese omelet, fresh fruit, 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.
<b>FRIDAY</b>	Wholegrain cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Pork chunks, rice, shredded lettuce, diced tomatoes, sweet plantains, fresh fruit, fat-free or low-fat milk.

*This institution is an equal opportunity provider.*