



# Breakfast & Lunch Menu September 29 to October 3, 2025



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Wholegrain cereal, cheese croquettes, fresh fruit, fat-free or low-fat milk.	All-beef hot dog in a wholewheat bun, steamed sweet corn and happy-face potato fries, fresh fruit, fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal, cinnamon roll, fresh fruit, fat-free or low-fat milk.	Breaded chicken nuggets, mac and cheese, steamed broccoli, carrots and cauliflower, 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>	Teachers' planning day.	Teachers' planning day.
<b>FRIDAY</b>	Wholegrain cereal, donuts, 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 and fat free or low fat milk.

*This institution is an equal opportunity provider.*