



Breakfast & Lunch Menu September 8 to September 12, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal, ham croquettes, fresh fruit, fat-free or low-fat milk.	100% beef frank hot dog, whole wheat bun, steamed sweet corn and waffle potato fries, fresh fruit, fat-free or low-fat milk.
TUESDAY	Bagel pizza, fresh fruit, and fat-free or low-fat milk.	Masitas de cerdo (pork chunks), rice, black beans & sweet plantains, 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	Sausage, egg & cheese English muffin, 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.
FRIDAY	Wholegrain cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Corn dog, tater tot potatoes, steamed carrots & peas, fresh fruit, fat-free or low-fat milk.

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