



Breakfast & Lunch Menu September 22 to September 26, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Wholegrain cereal. Cinnamon roll. Fresh fruit. Fat-free or low-fat milk.	Breaded chicken tenders. Mac & cheese. Mashed potatoes. Steamed sweet corn. Fresh fruit. Fat-free or low-fat milk.
TUESDAY	Teachers' planning day.	Teachers' planning day.
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, 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.
FRIDAY	Wholegrain cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Beef stew (carne guisada). Rice. Black beans. Sweet plantains. Fresh fruit. Fat-free or low-fat milk.

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