



Breakfast and Lunch Menu November 3 to November 7, 2025



DAY	BREAKFAST	LUNCH
MONDAY	Teachers' Planning Day.	Teachers' Planning Day.
TUESDAY	Wholegrain cereal. Cinnamon roll. Fresh fruit. Fat-free or low-fat milk.	Chicken fricassee. Rice. Black beans and diced potatoes. 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	Scrambled egg with sausage. 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. Fat-free or low-fat milk.
FRIDAY	Wholegrain cereal, donuts, fresh fruit and 100% apple juice, fat free or low fat milk.	Ground beef in tomato sauce. Pasta. Steamed broccoli, carrots & cauliflower. Fresh fruit. Fat-free or low-fat milk.

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