



# Breakfast and Lunch Menu – December 8 to December 12, 2025



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Wholegrain cereal. Cinnamon roll. Fresh fruit. Fat-free or low-fat milk.	Ground beef in tomato sauce. Pasta. Steamed broccoli, carrots & cauliflower. Fresh fruit. Fat-free or low-fat milk.
<b>TUESDAY</b>	Wholegrain cereal. Ham croquettes. Fresh fruit. Fat-free or low-fat milk.	Chicken fricassee. Rice. Black beans & sweet plantains. 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>	Egg & 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. 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. Mac n Cheese. Steamed sweet corn. Fresh fruit. Fat-free or low-fat milk.

*This institution is an equal opportunity provider.*