



Breakfast and Lunch Menu January 12 to January 16, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. Whole wheat pancakes topped with light syrup. Fresh fruit. Fat-free or low-fat milk.	100% beef franks in whole grain bun. Sautéed sweet corn and waffle fry potatoes. Carrot cake. Fresh fruit. Fat-free or low-fat milk.
TUESDAY	Whole grain English muffin with sausage & egg. Fresh fruit. Fat-free or low-fat milk.	Meatballs in tomato sauce. Whole grain pasta. Steamed peas, carrots, lima beans & corn. Fresh fruit. Fat-free or low-fat milk.
WEDNESDAY	Ground beef whole grain empanada. Fresh fruit. 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	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit 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. Fat-free or low-fat milk.
FRIDAY	Teachers' planning day.	Teachers' planning day.

This institution is an equal opportunity provider.