



# Breakfast and Lunch Menu January 19 to January 23, 2026



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	MLK Holiday.	MLK Holiday.
<b>TUESDAY</b>	Whole grain cereal. Cinnamon roll. Fresh fruit. Fat-free or low-fat milk.	Corn dog. Mashed potatoes. Steamed carrots. Fresh fruit. Fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	Whole grain cereal. Egg omelet with ham & cheese. 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>	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Fat-free or low-fat milk.	Pork chunks (masitas de cerdo). Brown rice. Black beans & sweet plantains. Fresh fruit. Fat-free or low-fat milk.

*This institution is an equal opportunity provider.*