



Breakfast and Lunch Menu January 26 to January 30, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. Cheese tequeño. Fresh fruit. Fat-free or low-fat milk.	Ground beef tortilla. Diced tomatoes. Fresh shredded lettuce. Steamed sweet corn. Fresh fruit. Fat-free or low-fat milk.
TUESDAY	Whole grain cereal. Whole grain waffles topped with light syrup. Fresh fruit. Fat-free or low-fat milk.	Chicken Alfredo with whole wheat pasta. Steamed carrots, peas & corn. Fresh fruit. Fat-free or low-fat milk.
WEDNESDAY	Whole grain meat 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	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.
FRIDAY	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Fat-free or low-fat milk.	Pork chunks. Brown rice. Diced tomatoes. Shredded lettuce. Fresh fruit. Fat-free or low-fat milk.

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