



# Breakfast and Lunch Menu March 16 to March 20, 2026



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Whole-grain cereal, ham croquettes, fresh fruit and 100% fruit juice, whole or fat-free or low-fat milk.	Breaded chicken nuggets, mashed potatoes, steamed peas, carrots, fresh fruit, whole or fat-free or low-fat milk.
<b>TUESDAY</b>	Whole-grain cereal, waffles topped with light syrup, fresh fruit and 100% fruit juice, whole or fat-free or low-fat milk.	Pork tenderloins, brown rice, black beans and sweet plantains, fresh fruit, whole or fat-free or low-fat milk.
<b>WEDNESDAY</b>	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.
<b>THURSDAY</b>	English muffin with sausage, fresh fruit and 100% fruit juice, whole or 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. Whole or fat-free or low-fat milk.	Hotdog in a whole-wheat bun, waffle potato fries, coleslaw salad, fresh fruit, whole or fat-free or low-fat milk.

*This institution is an equal opportunity provider.*