



Breakfast and Lunch Menu March 23 to March 27, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. Cinnamon roll. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Tempura breaded chicken tenders. Waffle fries. Steamed corn. Fresh fruit. Whole or fat-free or low-fat milk.
TUESDAY	Bagel with sausage. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Ground beef (picadillo). Brown rice. Black beans & sweet plantains. Fresh fruit. Whole or 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	Scrambled egg & sausage. Fresh fruit. 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.
FRIDAY	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Fish filet in whole wheat bun. Mac n cheese. Tomato slices and shredded iceberg lettuce. Fresh fruit. Whole or fat-free or low-fat milk.

This institution is an equal opportunity provider.