



Breakfast and Lunch Menu March 30 to April 3, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. Pancakes topped with light syrup. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Ground beef in marinara sauce. Whole grain pasta. Steamed broccoli, carrots & cauliflower. Fresh fruit. Whole or fat-free or low-fat milk.
TUESDAY	Whole grain cereal. Egg and cheese breakfast wrap. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Oven-baked chicken breast. 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	Whole grain cereal. Blueberry muffin. 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	Teachers' planning day.	Teachers' planning day.

This institution is an equal opportunity provider.