



# Breakfast and Lunch Menu April 20 to April 24, 2026



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Whole grain cereal. Ham croquette. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Breaded chicken tenders. Mac n cheese. Steamed broccoli, carrots and cauliflower. Sweet corn. Fresh fruit. Whole or fat-free or low-fat milk.
<b>TUESDAY</b>	Whole grain cereal. Whole grain waffles topped with light syrup. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Ground beef in tomato sauce (picadillo). 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. Sausage and egg. 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.
<b>FRIDAY</b>	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk	Grilled ham and cheese Texas sandwich in whole grain bread. Romaine and shredded iceberg lettuce. Waffle fry potatoes. Fresh fruit. Whole or fat-free or low-fat milk.

*This institution is an equal opportunity provider.*