



Breakfast and Lunch Menu May 18 to May 22, 2026



DAY	BREAKFAST	LUNCH
MONDAY	Whole grain cereal. French toast. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Chicken nuggets. Mac N Cheese. Steamed carrots and peas. Fresh fruit. Whole or fat-free or low-fat milk.
TUESDAY	Whole grain cereal. Cheese tequeno. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Teriyaki oriental chicken breast. Steamed white rice. Sautéed broccoli, green beans, onions and mushrooms. 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	Egg omelet bagel sandwich. 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	Italian sausage in a bun. Coleslaw salad. Waffle fries. Fresh fruit. Whole or fat-free or low-fat milk.

This institution is an equal opportunity provider.