



# Breakfast and Lunch Menu May 4 to May 8, 2026



DAY	BREAKFAST	LUNCH
<b>MONDAY</b>	Whole grain cereal. Cinnamon roll. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk.	Breaded chicken tenders. Mac n cheese. Steamed peas, green beans, carrots and corn. Fresh fruit. Whole or fat-free or low-fat milk.
<b>TUESDAY</b>	Whole grain cereal. Ham croquette. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk..	Pork chunks. 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>	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.
<b>FRIDAY</b>	Whole grain cereal. Whole grain mini donuts. Fresh fruit. 100% fruit juice. Whole or fat-free or low-fat milk	100% beef hot dog in whole grain bun. Steamed corn. Waffle fries. Fresh fruit. Whole or fat-free or low-fat milk.

*This institution is an equal opportunity provider.*