



# Breakfast and Lunch Menu October 26 to October 30, 2026



| DAY              | BREAKFAST                                                                                                                                     | LUNCH                                                                                                                                                         |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAY</b>    | French toast. Whole grain cereal. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.                                          | Beef picadillo. Sweet plantains. Brown rice. Black beans. Fresh fruit. Choice of fat-free or low-fat milk.                                                    |
| <b>TUESDAY</b>   | Breakfast skillet bowl with eggs, cheese and potatoes. Whole grain cereal. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk. | Chicken Parmesan over whole grain pasta. Sautéed vegetables. Fresh fruit. Choice of fat-free or low-fat milk.                                                 |
| <b>WEDNESDAY</b> | Whole grain meat empanada. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.                                                 | Hamburger with American cheese on a whole grain bun. French fries. Fresh fruit. Choice of fat-free or low-fat milk.                                           |
| <b>THURSDAY</b>  | Whole grain corn muffin. Assorted fruit yogurt. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.                            | Whole grain cheese pizza. Choice of pepperoni pizza for grades 9–12. Celery and carrots with ranch dressing. Fresh fruit. Choice of fat-free or low-fat milk. |
| <b>FRIDAY</b>    | Turkey sausage, egg and cheese sandwich on a whole grain bun. 100% fruit juice. Fresh fruit. Choice of fat-free or low-fat milk.              | Beef taco bowls. Garlic brown rice. Black beans and salsa. Fresh fruit. Choice of fat-free or low-fat milk.                                                   |

*This institution is an equal opportunity provider.*