



## 2022-2023

<b>Week # 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Friday / Daycare</b>
Breakfast 7:30-8:00 a.m.	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cereal with milk
Lunch	Mac and Cheese Chicken Nuggets Bread with butter Chocolate pudding White/Chocolate Milk	Pork in sauce with white rice& baked plantain Fruit Cocktail White/Chocolate Milk	Ground meat with white rice black beans Cookies White/Chocolate Milk	Chicken in sauce and black rice (Congri) Baked Plantains Vanilla Pudding White/Chocolate Milk	cheeseburger Potato Chips Tangerine in Syrup White/Chocolate Milk	Chicken in sauce and black rice (Congri) Tangerine in Syrup White/Chocolate Milk
<b>Week # 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Friday</b>
Breakfast 7:30-8:00 a.m.	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cereal with milk
Lunch	Spaghetti with cheese and ground turkey Bread with butter Chocolate pudding White/Chocolate Milk	Yellow rice w/ hot dog Corn Baked Plantains Fruit Cocktail White/Chocolate Milk	Ground turkey with white rice red beans Cookies White/Chocolate Milk	Baked Rigatoni w/cheese & ground turkey Dinner rolls Vanilla Pudding White/Chocolate Milk	Hot Dog Potato Chips Tangerine in Syrup White/Chocolate Milk	White rice Pork in sauce Tangerine in Syrup White/Chocolate Milk
<b>Week # 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Friday</b>
Breakfast 7:30-8:00 a.m.	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cereal with milk
Lunch	Mac and Cheese Chicken Nuggets Bread with butter Chocolate Pudding White/Chocolate Milk	Taco Veggie chips Fruit Cocktail White/Chocolate Milk	Ground Turkey white rice and split peas (chicharos) Cookies White/Chocolate Milk	Pork in sauce with white rice and Baked plantain Vanilla Pudding White/Chocolate Milk	Chicken Patty Potato Chips Tangerine in Syrup White/Chocolate Milk	Spaghetti with cheese and ground turkey Tangerine in Syrup White/Chocolate Milk
<b>Week # 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Friday</b>
Breakfast 7:30-8:00 a.m.	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cracker with butter & milk	Cereal with milk	Cereal with milk
Lunch	Spaghetti with cheese Chicken Nuggets Bread with Butter Chocolate Pudding White/Chocolate Milk	Yellow rice w/ Pork Corn Baked Plantains Fruit Cocktail White/Chocolate Milk	Ground Turkey white rice and White beans Cookies White/Chocolate Milk	Shredded Beef white rice and Baked Plantains Vanilla Pudding White/Chocolate Milk	Hot Dog Potato Chips Tangerine in Syrup White/Chocolate Milk	Ground Beef white rice and Tangerine in Syrup White/Chocolate Milk